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11-17 MARCH 2023

TV & Satellite Week

TV TO GET EXCITED ABOUT!

NEW

A Town Called Malice

It's back to the 80s in this Costa del Sol-set crime thriller

STARTS THURSDAY ON SKY MAX

NEW

BOSTON STRANGLER

Keira Knightley is on the hunt for the notorious killer

LIVE!

RED NOSE DAY

David Tennant joins in the fun!

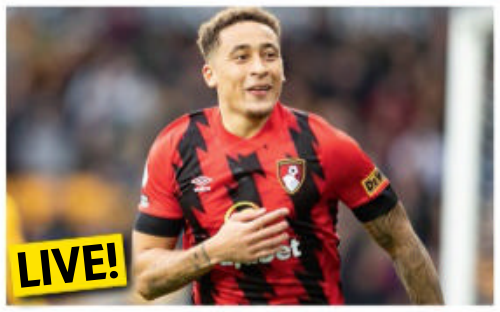
HotList This week's 28

Saturday 11

Bodies Bodies Bodies

***HORROR** Sky Premiere, 6.25am & 10.50pm*

Entertaining slasher flick starring Amandla Stenberg, in which a game of 'murder in the dark' turns into a real nightmare. ***See review, page 23***



Premier League

***FOOTBALL** BT Sport & Sky Sports*

The odds will be against Bournemouth as they host Liverpool (BT Sport 1, k-o 12.30pm) – the Cherries lost 9-0 at Anfield in August. Later, it's Crystal Palace v Man City (Sky Sports Main Event & Sky Sports Premier League, k-o 5.30pm).

Six Nations

***RUGBY UNION** ITV1 & S4C*

Having lost their first three games, Wales travel to Italy (ITV1 & S4C, k-o 2.15pm) hoping for a win, while England face last year's champions France at Twickenham (ITV1, k-o 4.45pm).

Gogglebox: 10 Year Anniversary Special

***ENTERTAINMENT** C4, 9pm*

Ten years since we wondered why anyone would want to watch other people watching TV (!), *Gogglebox* favourites look back at television from the past decade.

■ Full listings start on **p35**

Sunday 12

Six Nations

***RUGBY UNION** BBC1, kick-off 3pm*

A strong Ireland remain unbeaten so far – they beat a determined Italy 34-20 in the previous round – and their Grand Slam hopes continue this afternoon as they face Scotland at Murrayfield.

Wild Isles

***NATURE** BBC1, 7pm*

Sir David Attenborough explores the British Isles in this new five-part series celebrating our beautiful wildlife, with each edition focusing on a different habitat. ***See Documentaries, page 20***

Endeavour

***CRIME DRAMA** ITV1, 8pm*

The last-ever episode of the drama starring Shaun Evans (above) as Endeavour Morse. A behind-the-scenes documentary, *Morse and the Last Endeavour*, is at 10.20pm. ***See feature, page 12***

Oscars

***AWARDS** Sky Showcase, Sky Arts & Sky Oscars, from 12m't*

The highline of awards season takes place in LA. British hopes include Andrea Riseborough (above), who is up for Best Actress for *To Leslie*. ***See feature, page 11***

■ Full listings start on **p45**

Monday 13

Between the Covers

***FACTUAL** BBC2, 7pm*

Sara Cox (above) returns with the show that celebrates the joy of reading. The first book-club choices are Jo Callaghan's novel *In the Blink of an Eye* and the Iceland-set *Burial Rites* by Hannah Kent.

Jonathan Ross' Myths and Legends

***DOCUMENTARY** More4, 9pm*

Jonathan Ross explores Britain's folklore in a four-part series, starting in Yorkshire, where Whitby provided a famous setting for *Dracula*. ***See Documentaries, page 21***

Better

***CRIME DRAMA** BBC1, 9pm*

The series concludes. After last week's fiery showdown, Vernon (Anton Lesser) tries to take the rap – can Lou (Leila Farzad) finally shake off her past and start afresh for the sake of her family?

Unforgotten

***CRIME DRAMA** ITV1, 9pm*

As the team unpick the case of the body in the chimney, new details emerge about the victim's turbulent past, alongside growing tensions between Sunny (Sanjeev Bhaskar, above) and his new boss.

■ Full listings start on **p55**

Tuesday 14

Cheltenham Festival

***RACING** ITV1, from 1pm*

Expect thrills as the National Hunt meeting returns. Paul Townend (above) rode five winners in 2020 and 2022 – can he repeat the feat for a third time? Continues to Friday. ***See Sport Week, page 28***

Champions League

***FOOTBALL** BT Sport 1, kick-off 8pm*

With the aggregate score at 1-1, it's level pegging for Manchester City and German side RB Leipzig as they go into tonight's second leg at the Etihad, hoping to secure a quarter-final place.

Emma, Oti & Rylan's Big Red Nose Day Challenge

***DOCUMENTARY** BBC1, 9pm*

Cameras follow Oti Mabuse, Rylan Clark and Emma Willis as they trek through the Scottish Highlands and climb the 1,245m-high Cairn Gorm mountain.

DNA Journey

***FACTUAL** ITV1, 9pm*

Comedian Johnny Vegas (born Michael Pennington) joins *The Last Leg*'s Alex Brooker as the two friends delve into their family histories, including surprise relatives on the other side of the Atlantic.

■ Full listings start on **p65**

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best shows

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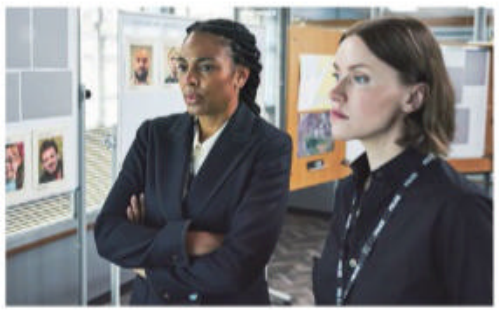
Wednesday 15

Ted Lasso
***COMEDY DRAMA** Apple TV+*
The comedy drama returns for a third series, with Ted (Jason Sudeikis) and AFC Richmond facing a tough season in the Premier League, and Nate settling into his new job. *See Your Watchlist, page 14*

Champions League
***FOOTBALL** BT Sport 1, kick-off 8pm*
Following their 5–2 defeat at the hands of Real Madrid in last month's first leg, Liverpool have a formidable fight ahead of them as they travel to Spain for the second leg in the last 16.

Christine McGuinness: Unmasking My Autism
***DOCUMENTARY** BBC 1, 9pm*
Following her diagnosis in her early 30s, Christine McGuinness asks why autism in women and girls is widely ignored and misunderstood by science and society.



The Bay
***CRIME DRAMA** ITV 1, 9pm*
While the community rallies in the wake of Beth's death, Jenn (Marsha Thomason), Karen (Erin Shanagher) and the team find there were cracks in the Metcalfs' family life. Is widowed Dean hiding a secret?

■ Full listings start on **p75**

Thursday 16

Bali 2002
***DRAMA** ITVX*
Fact-based drama series about the terrorist attacks on the island paradise of Bali in 2002, and how local people and international tourists came together after the tragedy. *See feature, page 7*

Strictly Fitness Challenge
***ENTERTAINMENT** BBC 1, from 9.15am*
Gethin Jones attempts a 24-hour dance marathon for Comic Relief, starting on *Morning Live* and continuing on BBC iPlayer. Well, it beats sitting in a bath full of baked beans... *See feature, page 9*

Nazanin
***DOCUMENTARY** C4, 9pm*
Featuring exclusive access behind the scenes, this one-off follows Nazanin Zaghari-Ratcliffe and her family in the campaign for her release from her six-year detention in Iran.

A Town Called Malice
***DRAMA** Sky Max & Sky Showcase, 9pm (box set, Sky Box Sets & NOW)*
The Lord family escape a life of crime in south London for a new start on the Costa del Sol in the 1980s, with a brilliant soundtrack to match. *See feature, page 4*

■ Full listings start on **p85**

Friday 17

Boston Strangler
***DRAMA** Disney+*
Keira Knightley (above) and Carrie Coon star in this fact-based drama about journalists Loretta McLaughlin and Jean Cole, who broke the story of a serial killer in 1960s Boston. *See feature, page 6*

Extrapolations
***DRAMA** Apple TV+*
An impressive cast including Meryl Streep (above) features in this anthology series, showing a near future where the world is dealing with the effects of climate change. *See Your Watchlist, page 17*

Comic Relief
***ENTERTAINMENT** BBC1 & BBC2, from 7pm*
Red noses at the ready for the fundraiser, with Joel Dommett, AJ Odudu, Paddy McGuinness, David Tennant and Zoe Ball hosting an evening of silliness for a very good cause. *See feature, page 8*

Redemption
***CRIME DRAMA** ITV 1, 9pm*
Six-part drama starring Paula Malcomson as Merseyside DI Colette Cunningham, who receives a shock phone call from Dublin about her daughter, who's been missing for 20 years. *See feature, page 12*

■ Full listings start on **p95**

11 – 17 MARCH 2023

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Jason Flemyng's family of London crims seek a new life in the sun in *A Town Called Malice*

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Mint Ma Lord
Martha Plimpton
Albert's wife of 40 years is also keen to see the family return to power, but she won't let her husband ruin them again.

Albert Lord
Jason Flemyng
The patriarch of the London crime family is desperate to regain some of the glory of the clan's criminal heyday.

Leonard Lord
Lex Shrapnel
Albert's oldest son is very loyal to his father and what he lacks in brains, he makes up for with his fists.

COSTA del CRIME

A London crime family hotfoot it to Spain in a 1980s-set thriller starring **Jack Rowan**

NEW DRAMA
A Town Called Malice
Thu, 9pm, Sky Max & Sky Showcase (box set, Sky Box Sets/NOW)

Crime, passion and family loyalties collide in Sky's sun-soaked thriller *A Town Called Malice*, set on Spain's Costa del Sol in the 1980s.

Powered by a soundtrack of unforgettable hits from the decade, the eight-part drama centres on Gene Lord (Jack Rowan), the youngest son of a notorious south London crime family, headed by Albert Lord (Jason Flemyng).

Albert and his three sons by wife Mint Ma (Martha Plimpton) were once big players and are keen to regain their position as top dogs. Yet, although Gene is smarter than his brothers Leonard (Lex Shrapnel) and Kelly (Daniel Sharman), he has never quite fitted into the organisation.

But Gene's life changes for ever when he meets the fearless Cindy Carter (Tahirah Sharif), and after narrowly surviving a gangland battle and getting into trouble with the law, the couple are forced to flee abroad.

'Cindy works behind a bar and it's lust at first sight between them,' says Rowan, 26. 'But their love takes them places, for sure, and as the story goes on, they become this Bonnie and Clyde-type couple who really have each other's backs. They take us into a really sexy world driven by fashion, driven by music and driven by tribe.'

With no extradition treaty between Spain and the UK, the Costa del Sol seems like the perfect destination, especially as Gene's Uncle Tony (Dougray Scott), who's purportedly 'caked' in cash, lives there. However, in reality, the only thing of value Tony has to his name is a strip of land and the dream of building a luxury hotel.

Lex Shrapnel (centre) as Leonard

GOING FOR GOLD

Knowing that they risk being arrested if they return home, Gene and Cindy realise that if they're to survive on the Costa, they'll need to get their hands dirty and carve out their own place in the sun.

'Gene is a good guy and an honourable guy,' explains Rowan. 'But he's got those Lord family genes – if you'll pardon the pun – and the further the story goes, the more sides you see to him. He uses his head rather than his fists,

WORDS: SEAN MARLAND. PHOTOS: SKY

Gene Lord
Jack Rowan
The Lords' youngest son tries to escape the family business, but when he arrives in Spain, he spies a golden opportunity.

Carly Lord
Eliza Butterworth
Leonard's wife gave birth to their son, Anthony, when she was a teenager. But is she more than just a glamour girl?

Cindy Carter
Tahirah Sharif
A ruthless survivor with a troubled past, Gene's other half sees his potential and resolves to help him make his name.

The family arrives in Spain

but he goes on a really interesting journey, which, as an actor, is probably the best I've played in my career.'

After earning a BAFTA nomination in 2018 for his breakthrough role as a psychopath in C4's *Born to Kill* and playing a Gypsy boxer who's dragged into the Shelby crime family in *Peaky Blinders*, Rowan is no stranger to complex parts.

'All my favourite films and TV shows are built around imperfect people,' he says. 'Gene and Cindy do some terrible things, but they're such detailed and realistic characters that hopefully the audience will warm to them. When I'm watching shows like this, I find myself making excuses for them and then when they do something bad, it hits that little bit harder.'

PERFECT PLAYLIST

Underscoring the action is a soundtrack packed with songs by Duran Duran, The Jam, INXS, Blondie, The Human League and many other artists of the period.

'The script was musically driven,' explains Rowan. 'There were actually songs mentioned in the very first drafts I read, so the creator Nick Love had a vision for when this song or that song would be playing. I missed out on the 80s as I was too young, but I started putting a playlist together to get myself in the mindset and it started with five songs. It's now five hours!'

That playlist proved useful during the five-month shoot in Tenerife, but one of the series' most memorable moments took place in London. Eagle-eyed viewers will spot singer-songwriter Paul Weller of The Jam propping up a south London bar in the opening scenes.

'The show's name is obviously inspired by The Jam song *Town Called Malice*,' explains Rowan. 'I think he knows Nick Love and to see him appearing in the show is like an extra bit of validation. I wasn't there when he filmed his cameo, though, so unfortunately I didn't get to meet him. I was gutted!'

ALSO IN *A TOWN CALLED MALICE*...

Uncle Tony
Dougray Scott
Albert's brother is a liar, a lech and penniless, but he spots an ingenious opportunity for the family to rebuild their empire.

Kelly Lord
Daniel Sharman
Sly, volatile and with delusions of grandeur, Albert's second son is determined to make his father see him as the natural heir.

Deadly connection

NEW FROM Disney+

Keira Knightley stars in the true story of the reporters who broke the story of a twisted serial killer

NEW DRAMA
Boston Strangler
From Friday 17 March, Disney+

Notorious 1960s serial killer the Boston Strangler has been the subject of several books, documentaries and an acclaimed 1969 film starring Tony Curtis.

Yet the tale of the two female journalists who first broke the story and gave the murderer his infamous nickname has never been told – until now.

The Disney+ movie *Boston Strangler* follows Loretta McLaughlin (Keira Knightley) and Jean Cole (Carrie Coon), two reporters at Boston's *Record American*, as they risk their lives to uncover the truth about a case that still divides opinion to this day.

Between 1962 and 1964, 13 women, aged 19 to 85, were murdered after they were tricked into inviting the killer into their homes, where he strangled them, usually with nylon stockings.

'I wasn't sure how to approach the film until I heard an interview with Loretta McLaughlin, who was among the first to connect the murders,' says the film's writer/director Matt Ruskin.

'At its core, this is a true-crime thriller, but it's also a story about how these reporters challenged the norms of the era to do the work that was so important to them.'

The film begins in 1962 with Loretta, frustrated by her job on the newspaper's lifestyle desk, making the connection that three elderly women, who were found strangled in their apartments, were killed by the same man.

It's a scoop that causes shock waves all over Boston and provokes fury from the city's police. But the paper's editor Jack Maclaine (Chris Cooper) is impressed with what Loretta has discovered so far and teams her up with seasoned reporter Jean Cole.

Carrie Coon (left) and Keira Knightley as Jean and Loretta

DIFFERENT TACTICS

'Jean knows how to play by the rules and get what she needs,' explains Coon. 'She believes that you put your head down and do your work. But you're also still a woman – you don't need to curse, and you don't join in the card games. She finds Loretta's tactics of elbowing her way into these rooms very counterproductive, and she's quick to tell Loretta as much.'

Chris Cooper as Jack Maclaine

Over a year after the story breaks, Boston police are no closer to finding the serial killer, so when Loretta's investigations lead them to pinpoint convicted sex offender Albert DeSalvo (David Dastmalchian) as a prime suspect, they're delighted when he confesses to all 13 murders.

But while the authorities believe the case is closed, Loretta and Jean aren't convinced they've got the full story and continue digging, only to find the case is far more complex than they ever imagined.

'It's a horrific story of the brutality of the male psyche and how disturbed and awful it can be through the eyes of two women,' says Knightley. 'But these are complex characters, and it's a very tricky story to tell because there are so many twists and turns in the case.'

The investigation is demanding, and both reporters – who are mothers with young families – soon begin to face prejudice in the newsroom and beyond.

'They were deeply, deeply afraid for their safety and getting death threats at home,' says Coon. 'Jean had already experienced that just from covering a mayor's race early in her career – she was getting death threats because she was a woman in a man's sphere.'

As a long-time fan of journalism films, Ruskin also appreciates how intimidating it must have been for Loretta and Jean to persist with the story.

'The film is about Loretta's reporting,' explains Ruskin. 'But it's also about her relationship with her family and with Jean as she worked tirelessly to chase down the biggest story of her career. It was important to show the personal challenges they encountered at a time when there weren't a ton of women in the newsroom. They were working to keep women informed at a time when the police department was coming up short and juggling the rest of their lives while doing so.'

'It's a tricky story to tell because there are so many twists and turns in the case'
KEIRA KNIGHTLEY

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NEW FROM itvX

Claudia Jessie stars in a moving drama about the terrorist attacks in Bali

Death in paradise

The island is a tourism hotspot

NEW DRAMA

Bali 2002

From Thursday 16 March, ITVX

Just over 20 years ago, on the evening of 12 October 2002, two explosions devastated the popular tourist nightspot of Kuta in Bali, Indonesia.

The first was detonated by a suicide bomber at Paddy's Pub and was followed moments later by a car bomb outside Sari Club in an act of terrorism that killed 202 people from 21 countries and left another 209 injured.

Now, ITVX's four-part miniseries *Bali 2002* explores the events surrounding the double bombing, focusing on victims, survivors and the joint Australian-Indonesian quest to find those responsible.

OBJECTIVE EYE

The story is told with a large ensemble cast, led by Claudia Jessie and Rachel Griffiths, and using actual footage of the aftermath mixed throughout the dramatisation.

Bridgerton star Jessie plays real-life British newly-wed Polly Miller, who's enjoying a night out with husband Dan (Paul Michael Ayre) and eight friends when the blasts occur. In the bewildering moments afterwards, she manages to free herself from the rubble, unaware of the fate of her loved ones...

HARROWING

'Polly is newly married five weeks, and the only person in her group to survive. She and her husband fly out to Bali, a place which they loved, and, unthinkably, get caught up in the tragic events,' says Jessie, 33.

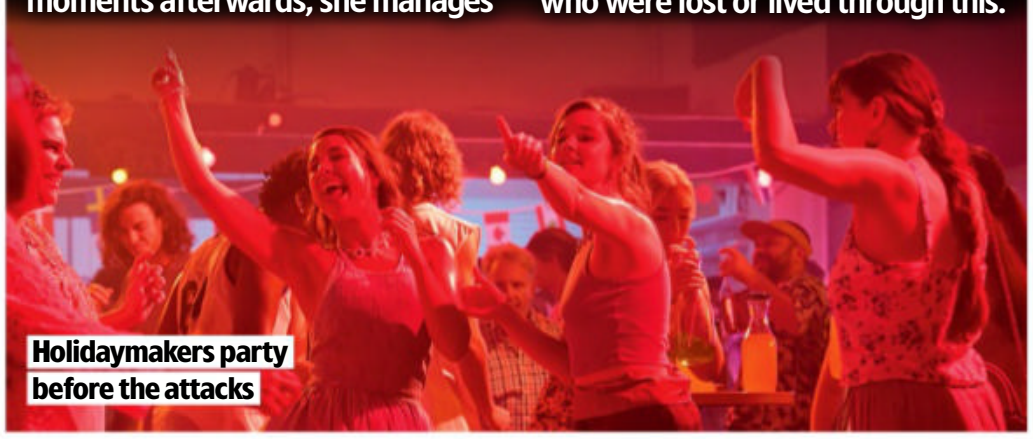
'The scene that stayed with me most from filming is after the bomb is detonated. When the cameras started rolling, a lot of us were crying because it was so horrific.'

Polly suffers 43% body burns and fights for her life – first at a local hospital and later in Brisbane, following an emergency evacuation.

Also holidaying in Bali when the bombs explode are Australian doctors Vij Vijayasekaran (Arka Das) and his wife Priya (Amali Golden), who help to treat casualties and evacuate the worst-hit to Australia.

Vij is a colleague of Perth-based plastic surgeon Fiona Wood (Griffiths), whose pioneering 'spray-on' skin treatment helps save dozens of burns victims' lives.

'It's unthinkable that anyone would want to cause such harm to others,' says Jessie. 'We want to show the heart of these heroes who were lost or lived through this.'



Holidaymakers party before the attacks

Chuckles for charity!

David Tennant helms a Red Nose Day full of fun and fundraising...

LIVE! ENTERTAINMENT

Comic Relief

Friday, from 7pm, BBC1 & BBC2

Comic Relief returns to our screens this Friday for another funny and unforgettable evening to encourage us to dig deep for worthy causes.

This year's live show comes from MediaCityUK in Salford, with David Tennant leading a hosting team that also includes Zoe Ball, Joel Dommett, AJ Odudu and Paddy McGuinness.

Ahead of the main event, there will also be a one-off documentary, *Emma, Oti & Rylan's Big Red Nose Day Challenge* (Tuesday, 9pm, BBC1), following Emma Willis, Oti Mabuse and Rylan Clark as they attempt to scale the summit of Cairn Gorm in the Scottish Highlands to raise money for Red Nose Day.

Here, Willis, 46, reveals all about the experience…

Emma Willis, Rylan Clark and Oti Mabuse

LAUGHING GEAR!

Five highlights to look forward to on the night...

- ***Ghosts*** In this special episode of the BBC1 sitcom, Kylie Minogue visits Button House to assess it as a concert venue. But how will its spectral residents react?
- ***The Traitors*** Dawn French stars as Claudia Winkleman in a very special edition of the psychological game show featuring a star-studded cast of Faithfuls and Traitors.
- **Eurovision: The Audition Tapes** Graham Norton, Sam Ryder and Lulu assesses a batch of celebrities who are hoping to represent the UK in Liverpool.
- **Baldrick's Bedtime Story** Sir Tony Robinson reprises his role as Blackadder's dim-witted sidekick to tell us all a tale.
- ***Love Island*** Maya Jama sends a very special bombshell into the sun-drenched villa for Comic Relief, and hilarity ensues.

What was your reaction when you were asked to do this challenge? When they first asked, I went, 'Yes, absolutely' – before I even knew what the challenge was. I have trekked in Scotland before, but I'd never been to the Cairngorms, so I underestimated it quite a bit.

How did you prepare? We did two days of training up in Scotland. On the first day, they got us used to the equipment, including a heavy backpack. On the second, we did snow training, learning how to use crampons and an ice axe.

You had to halt your climb at one point due to dangerous conditions. What went through your minds at that point? We were really disheartened. We'd already come so far, and we were ready to do our last little ascent – it felt like

From left: Hosts Zoe Ball, Joel Dommett, David Tennant, AJ Odudu and Paddy McGuinness

Gethin Jones

MAKING MOVES

Gethin Jones hits the dance floor for this year's 24-hour fundraiser...

It wouldn't be Comic Relief without a major endurance event, and this year, BBC1's *Morning Live* host Gethin Jones is turning the show's regular Strictly Fitness slot into a 24-hour dance marathon.

Starting in Thursday's show from 9.15am and dancing until the following morning, Jones will be putting his best foot forward for charity – and the total he raises will be revealed during Friday night's live broadcast.

We spoke to Jones, 45, to find out how he's preparing...

Can you tell us what the challenge will involve? There are going to be loads of *Strictly* faces – pros, judges, plus Tess Daly and Claudia Winkleman are going to be coming to do a bit of dancing. I'll be trying to mainly do the waltz and the rumba – just the slowest dances possible!

You're very into your fitness. Do you feel ready for this? I've done a few physical challenges back in the day, and for a 45-year-old, I like to think I'm in decent shape. But I've never done something for 24 hours before. I think we did the Four Peaks once on *Blue Peter*, but we got to sleep. That's going to be the hardest bit.

Scott Mills did a 24-hour treadmill challenge last year. Did he give you any advice? He said the worst part was when they said, 'You've got 18 hours to go.' That really stayed with me. When we used to go clubbing, you'd do six hours on the dance floor and come home with a kebab – imagine going home, and then doing another 18 hours!

Success on Cairn Gorm

the rug had been pulled from under us and we were all really sad.

But you did manage to complete the challenge – how did it feel to reach the summit? I felt euphoric. My go-to emotion is normally tears, but I didn't cry; I was just so happy, because 24 hours earlier we'd been told we couldn't go. So to actually get up to the top, it was like the weather gods had listened!

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Stephen makes his sinister move

CORONATION STREET

Will Stephen kill Carla?

» **Perplexed by the** decline in her mental health but determined to push on, Carla heads to Underworld for a meeting with some Americans she hopes to secure a big contract with. Stephen reminds her that she needs to be on top form, but she doesn't take well to his patronising tone, and orders the Canadian to make the teas.

Stephen does just that and, once again, laces Carla's brew with LSD… with a double dose. Although Carla bags the deal, the acid kicks in as the meeting draws to a close, and she yells at her jubilant machinists to leave.

Carla turns on her colleagues

The businesswoman insists her meltdown was a 'blip', but she later takes Dr Gaddas' advice to go on medication and have a break from work. Stephen's thrilled and, upping the ante, he later steals her flat keys.

With Carla napping, he turns on the grill, setting the scene for a fire. Will Carla be OK? And even if she is, will she believe the blaze is all her fault?

» **PLUS** Daisy turns the tables on Justin, Sarah tries to reunite Nick and Leanne, Faye agrees to see estranged daughter Miley, Beth meets up with ex Marco, and Dee-Dee is appalled when Adam wants to take Damon on as a client.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

EMMERDALE

» Leyla (right) is kidnapped by Callum, Bob realises Cathy needs professional help, Marshall's dad urges him to come home, Charles is pleased when Alex is offered a job in Wales, and Paddy makes a decision about his future.

EASTENDERS

» Emma comes between Lola and Jay (above), Stacey is questioned for theft, Ravi tries to get info on Jack, grieving Whitney clashes with Zack, Denise tries to set up Chelsea and Keanu, and Freddie has a new money-making plan.

WORDS: ALISON SLADE, STEVEN PERKINS. PHOTOS: BBC, COMIC RELIEF, ITV

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The time is Nighy

Can veteran actor **Bill Nighy** finally get an Oscar?

Bill Nighy in *Living*

LIVE! AWARDS

Oscars

Sunday, from 12m't, Sky Oscars, Sky Showcase & Sky Arts

In his long acting career, Bill Nighy has won numerous awards including film and TV BAFTAs and a Golden Globe, but he has had to wait until this year to get his first Oscar nomination.

The 73-year-old's earned his Best Actor nod for his role in British drama *Living* as civil servant Rodney Williams, who lives a life of quiet routine in 1950s London until he is given six months to live. Following the devastating diagnosis, the reserved public-works employee determines to do something useful with the time he has left.

'Even though it's a sad story, you feel better, inspired in some way,' says Nighy. 'You've watched something that taps you into humanity.'

Nighy faces tough competition on awards night from front runners Austin Butler, who has already won a Golden Globe and BAFTA for *Elvis*, and *The Whale*'s Brendan Fraser.

'It is an odd situation, acting as a competitive sport,' says Nighy. 'It's sort of bizarre. But everybody knows the score.'

Even though Surrey-born Nighy's career goes back to the late 1970s, he can still be surprised by how things turned out. He had been acting for almost 30 years when his role as rock 'n' roll singer Billy Mack in Richard Curtis' 2003 romcom *Love Actually* brought him a new level of fame.

'That film changed everything,' he explains. 'I can never be grateful enough to Richard Curtis.'

Elvis star Austin Butler

Since then, he has gone on to play villain Davy Jones in the Pirates of the Caribbean movies and MI5 agent Johnny Worricker in a trilogy of TV films by David Hare, as well as starring in *The Best Exotic Marigold Hotel*.

'I've never fought for a role in my life,' he says. 'Not because I am above such things or anything, but I don't know how you do it. I just wait and see what they say.'

THE OSCAR NOMINATIONS

BEST PICTURE

All Quiet on the Western Front*; *Avatar: The Way of Water*; *The Banshees of Inisherin*; *Elvis*; *Everything Everywhere All at Once*; *The Fabelmans*; *Tár*; *Top Gun: Maverick*; *Triangle of Sadness*; *Women Talking

TVSW* pick: *Everything Everywhere All at Once

BEST ACTOR

Austin Butler, *Elvis*; Colin Farrell, *The Banshees of Inisherin*; Brendan Fraser, *The Whale*; Paul Mescal, *Aftersun*; Bill Nighy, *Living*

***TVSW* pick: Austin Butler**

BEST ACTRESS

Cate Blanchett, *Tár*; Ana de Armas, *Blonde*; Andrea Riseborough, *To Leslie*; Michelle Williams, *The Fabelmans*; Michelle Yeoh, *Everything Everywhere All at Once*

***TVSW* pick: Cate Blanchett**

BEST DIRECTOR

Todd Field, *Tár*; Daniel Kwan & Daniel Scheinert, *Everything Everywhere All at Once*; Martin McDonagh, *The Banshees of Inisherin*; Ruben Östlund, *Triangle of Sadness*; Steven Spielberg, *The Fabelmans*

***TVSW* pick: Daniel Kwan & Daniel Scheinert**

You like...

Outlander on Lionsgate+

This time-travelling romantic drama debuted in 2014 and follows World War Two nurse Claire Randall (Caitriona Balfe), who finds herself transported back to the 18th century, where she falls for rebel Jamie Fraser (Sam Heughan). An eighth and final season will be released next year.

Now try this...

Kindred on Disney+

In this upcoming series, Mallori Johnson plays a young writer, Dana, who gets pulled back in time to the Deep South in the 19th century, where she and her musician boyfriend Kevin (Micah Stock) experience the horrors of slavery while trying to help the residents of the plantation and confront family secrets.

Micah Stock and Mallori Johnson

WORDS: JUDY EWENS, RICHARD MCCLURE. PHOTOS: C4, ©2023 DISNEY+ AND ITS RELATED ENTITIES, GETTY, LIONSGATE+, FX

Look Who's Back...

A familiar face appearing in a new show this week

Michel Roux Jr

NEW **Michel Roux's Provence Masterclass**

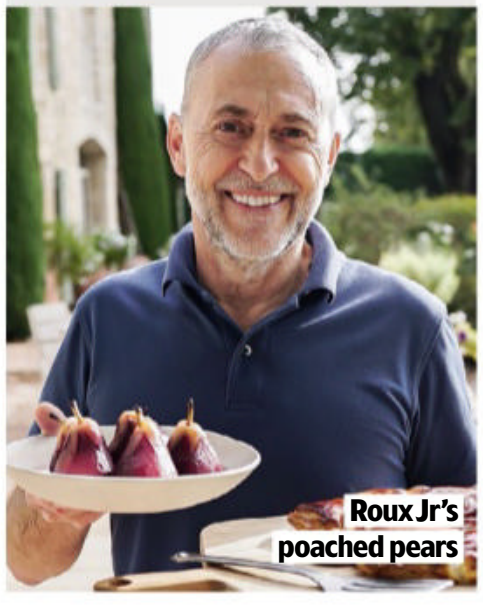
Monday, 9pm, Food Network

2008

Born in Kent in 1960, Michel Roux Jr is a Michelin-starred chef who was a judge on the BBC's *MasterChef: The Professionals* (left) from 2008 to 2013. He's also been a regular on the BBC's *Saturday Kitchen* and hosted *Michel Roux's French Country Cooking*, which showcased the cuisine of southern France. And in C4's *Kitchen Impossible with Michel Roux Jr*, he helped disabled trainees find work in restaurants.

HIS NEW SHOW

In his new series, Roux Jr, 62, takes us on a gastronomic tour of Provence, visiting the top chefs in the area and sampling a variety of dishes. He also creates delicious menus of his own and in the first episode he shows us how to rustle up a Sunday lunch of fish quenelles in a crayfish sauce and chicken baked in a salt-crust pastry. Roux Jr also goes to the Châteauneuf-du-Pape wine region to taste a venison fillet cooked on a hot stone, before making a dessert of poached pears and an almond-filled pastry.


Roux Jr's poached pears

WORDS: CAREN CLARK, HANNAH DAVIES, NATASHA HOLT, ELAINE REILLY. PHOTOS: BBC, C4, DISCOVER, ITV, UKTV

Making amends

Paula Malcomson plays a cop determined to solve the death of her estranged daughter

Colette mourns daughter Stacey

NEW CRIME DRAMA

Redemption

Friday, 9pm, ITV1

Paula Malcomson, star of *Ray Donovan* and *Broken*, is once again steeped in complicated and emotional family trauma in ITV1's six-part crime drama *Redemption*.

She plays DI Colette Cunningham, a fearless, no-nonsense cop with the Merseyside Police Serious Crime Squad, whose life is turned upside down when she gets a call from the Garda in Dublin telling her they've found the body of a young woman and she's listed as the next of kin.

Colette with Liam and Cara

From the description, Colette realises the dead woman is her estranged daughter Stacey.

Colette goes to Dublin to identify the body and is shocked to discover that she's guardian to two grandchildren, Liam (Evan O'Connor) and Cara (Abby Fitz), she didn't know existed.

Although the Irish police are convinced Stacey took her own life, Colette is not so sure and, as she starts investigating, she begins to believe she was murdered.

'Colette hasn't seen or heard from her daughter in 20 years,' explains Malcomson, 52. 'Colette is investigating not just her daughter's death, but her life, too.'

Resolving to stay in Ireland to look after her grandchildren, Colette takes a job with the Garda, teaming up with fellow cop Siobhán Wilson (*Curfew*'s Thaddea Graham) and under the watchful eye of DS Jane Connolly (*Derry Girls*' Siobhán McSweeney).

As Colette pieces together Stacey's final days, she discovers she was suspended from her nursing job for stealing opioids. Colette also suspects that Stacey's seemingly charming boyfriend Eoin (*Vikings*' Moe Dunford) isn't what he seems.

'Colette's doggedly persistent; she has an absolute need to find answers,' says Malcomson. 'She's not stupid – she knows she's up to her neck in danger – but she can't help herself.

'She needs to solve Stacey's murder and do the right thing by her. It becomes everything to her.'

Starring as the DI also fulfilled a career ambition for Malcomson.

'I've wanted to play a cop for ages and I've fantasised about writing my own cop show, too,' she says. 'I just think that there's so much that we can bring to these roles as women. I've spent too many years playing someone's wife on TV!'

DS Endeavour Morse (Shaun Evans) and DCI Fred Thursday (Roger Allam)

It's a sad day for fans as ***Endeavour*** bids farewell...

Morse the pity

Paula Malcomson plays DI Cunningham

LAST ONE CRIME DRAMA

Endeavour

Sunday, 8pm, ITV1

After nine much-loved seasons, ITV1's period crime drama *Endeavour* bows out on Sunday with the Oxford-set show's last-ever episode.

Having debuted in 2012, the *Inspector Morse* prequel has clocked up 36 episodes – but was originally planned as a one-off special to mark the 25th anniversary of Morse's TV debut.

'I remember my first scene, with me and James Bradshaw, who plays pathologist Max DeBryn, down by the riverbank,' says Shaun Evans, who plays the title role. 'It seems like yesterday.'

The final episode brings huge revelations for the dedicated detectives. While Endeavour is determined to crack the Blenheim Vale case whatever the cost, DCI Fred Thursday (Roger Allam) should be looking forward to the wedding of his daughter Joan (Sara Vickers) to DS Jim Strange (Sean Rigby).

However, the veteran cop is troubled by the self-destructive behaviour of his son, Sam, and matters take a dark twist when a biker is found dead at a seedy bar that Sam frequents...

'I feel incredibly proud of *Endeavour*, and my connection with the *Inspector Morse* series as well,' says Evans, 43, who has built up a close friendship with co-star Allam over the years.

'Roger is amazing and every scene with him has been a joy. I feel enormously grateful and we've become great friends. I've been fortunate to be a part of this magnificent universe for the past 11 years.'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

Alan Davies: As Yet Untitled

Tuesday, 10pm, Dave (box set, UKTV Play)

Alan Davies (above) is back for a seventh season of unscripted chat with a host of comedy guests. Joining him around the table in the first episode are Sue Perkins, Lara Ricote, Jamali Maddix and Josh Jones while later guests include Johnny Vegas, Jessica Hynes and Ed Byrne. There's also a new backstage digital companion show, *Bauer's Bar*, hosted by Helen Bauer, available as a box set on UKTV Play from Tue 7 March.

Fred's Last Resort

Tuesday & Wednesday, 9pm, E4

In his new *The Apprentice*-style reality series, *First Dates*' Fred Sirieix (left) whisks 12 young people to the five-star Les Roches Blanches hotel in the South of France to compete for a year-long job opportunity and a £10,000 cash prize. He begins by setting them to work on everything from housekeeping to hosting, and also challenges them to run a VIP lunch and lavish birthday party.

Between the Covers

Monday, 7pm, BBC2

As Sara Cox (left) returns for another series of her popular book-club show, her first guests are lawyer turned TV personality Robert Rinder, presenter Angela Scanlon, DJ Spoony and musician Cerys Matthews, who will all bring along their favourite books to discuss. They will also review *In the Blink of an Eye* by Jo Callaghan and talk about *Burial Rites* by Hannah Kent.

Gogglebox: 10 Year Anniversary Special

Saturday, 9pm, C4

Marking 10 years since the first episode of *Gogglebox*, this 90-minute special looks back at some of our favourite TV from the past decade, as watched by the show's armchair critics including Kent couple Steph and Dom, late Liverpool pensioners June and Leon (left) and the Siddiqui family from Derby.

HAMMER BLOW

How will **Ted Lasso**'s treacherous former sidekick Nate fare at new club West Ham United?

Ted Lasso

NEW *Available:* ***Wednesday 15 March***
Genre: ***Comedy drama***
Season: ***3*** *Episodes:* ***12 (released weekly)***

Season two of infectiously feel-good comedy drama *Ted Lasso* ended on a bittersweet note, as London football club AFC Richmond secured promotion to the top flight, only for their upbeat, fish-out-of-water American coach Ted Lasso (Jason Sudeikis) to lose his right-hand man Nate Shelley (Nick Mohammed) to Premier League rivals West Ham United.

Worse still for the Richmond team, Nate's new boss was Rupert Mannion (Anthony Head), the philandering ex-husband of Richmond owner Rebecca (Hannah Waddingham).

As we rejoin both clubs for the new season, ex-kit man Nate rips into his former team and their coach in his first press conference as Hammers manager.

'There are a lot of people who think – and possibly rightly so – that Nate has overstepped the mark,' explains Mohammed. 'His betrayal of Ted and leaving Richmond is too much.'

With Nate now based at a new club, Mohammed, 42, says that filming the third season of the Emmy-winning show was a different experience.

HEROES AND VILLAINS

'Naturally, I didn't do any filming in the Richmond locker room, and that felt strange, because all those guys and gals are my friends,' he explains. 'We weren't always filming together, and that was a shame. I tried to channel some of that loneliness into Nate, because I think he does feel a bit bereft.'

However, there are some obvious benefits for Nate, especially when dastardly former Richmond owner Rupert welcomes him to the London Stadium with the gift of a brand-new Aston Martin car.

'It's great that I was able to have some scenes with Anthony Head,' says Mohammed. 'He's the member of the cast who is least like their character, because he is such a sweetheart, compared to Rupert, who is so toxic.'

Mohammed says the journey from being one of the show's most-popular characters to becoming one of its biggest villains has been an interesting one.

'Nate has been a fan favourite, and viewers could associate with his "underdog does good" trajectory,' he says. 'Here was a guy who didn't think much of himself, then Ted came along and empowered him. Nate was promoted, and became the happiest person in the world and everyone had a new-found respect for him.'

From left: Nate, Rupert and Ted

All of which will make Nate's betrayal of Ted and the club even harder for fans to take.

'I think that the audience were really rooting for Nate,' says Mohammed. 'So his fall from grace is a bigger one.'

Naturally, the ever-positive Ted, who is unusually subdued because his young son has flown back to America, responds to Nate's trash-talking by bigging up his former colleague and wishing the new West Ham boss the best of luck.

But will Nate live to regret betraying the kind-hearted and optimistic Ted?

'Nate has betrayed the person who helped him, so it's right that viewers hate him now,' explains Mohammed. 'He's going to have to pay for it to some degree, I think. The show is all about redemption, so I would be surprised if he's a character who can't be redeemed. It's certainly one of the things that will be addressed in this season.'

What we're watching...

The shows being enjoyed by the *TVSW* team

tv+ Sharper

Genre: Thriller Episodes: One-off

No one is quite what they seem in a stylish and clever psychological thriller that's packed with twists. New York bookshop manager Tom (Justice Smith) falls for Sandra (Briana Middleton) after she comes into his store, but both are keeping secrets from the other. Their lives will end up intersecting with those of slick con artist Max (*Pam & Tommy*'s Sebastian Stan), widowed billionaire Richard (John Lithgow) and the new woman in his life, Madeline (Julianne Moore), with explosive consequences.

NETFLIX Kath & Kim: 20th Anniversary Specials

Genre: Comedy
Season: 1 Episodes: 2

New material links memorable moments and out-takes from the cult Australian comedy starring Jane Turner and Gina Riley as a suburban mother and daughter.

tv+ Hello Tomorrow!

Genre: Comedy drama
Season: 1 Episodes: 10 (released weekly)

The Morning Show's Billy Crudup plays a man selling properties on the moon in a highly stylised, gorgeously filmed, retro-futuristic satire set in suburbia.

Now in production...

Three upcoming shows to look out for soon

Paramount+ One Night

Jodie Whittaker stars in Paramount+'s six-part, Australia-set drama centring on three best friends whose lives were torn apart by a traumatic event 20 years ago. When one of them writes a novel about that terrible night, old wounds are reopened...

prime video The Rig

A second run of Prime Video's supernatural thriller, starring Iain Glen (above) as a beleaguered oil-rig boss and Martin Compston as his communications officer, will follow the crew of the Kinloch Bravo as they face fresh threats after they are taken to a new location.

NETFLIX Fool Me Once

In Netflix's latest adaptation of a Harlan Coben thriller, Michelle Keegan (above) plays a woman grieving her murdered husband (Richard Armitage) who begins to suspect he isn't really dead. Adeel Akhtar is the cop in charge of the case, while Dame Joanna Lumley also stars.

WORDS: CAREN CLARK, JUDY EWENS, IAN MACEWAN. PHOTOS: APPLE TV+, GETTY, NETFLIX

If you like Strictly...

NETFLIX Dance 100

NEW *Available: Fri 17 March*
Genre: Entertainment
Season: 1 Episodes: 6

The hunt is on to find the next superstar choreographer in this dance competition. Eight contestants must create increasingly complex dance routines for an ever-growing number of the world's best dancers, with the judges being the dancers themselves. At stake is a top prize of $100,000.

For fans of the supernatural...

discovery+ Celebrity Help! My House Is Haunted

Available: Friday 17 March
Genre: Reality Season: 2
Episode: 4 (of 6)

Simon Gregson, AKA Corrie's Steve McDonald, has long been convinced that his Cheshire home is haunted. As season two continues, he invites ghost hunters Jayne Harris, Barri Ghai and Ian Lawman to investigate spooky sightings – and it's not long before they make a chilling discovery...

Matthew McConaughey voices Elvis Presley

NETFLIX Agent Elvis

NEW *Available: Friday 17 March*
Genre: Animation Season: 1 Eps: 10

Elvis Presley always wanted to be a federal agent and now, 45 years after his death, he gets his wish in this adult animated action comedy that's been co-created by his ex-wife Priscilla and singer-songwriter John Eddie. Oscar-winner Matthew McConaughey voices Elvis, who is secretly inducted into a covert government spy programme to help battle evil forces that are threatening America, while also continuing to be the king of rock 'n' roll. Elvis' espionage work involves wearing a jetpack, shooting to kill and having a pet chimpanzee as a sidekick. 'From the time Elvis was a young boy, he always dreamt of being the superhero fighting crime and saving the world,' says Priscilla Presley. '*Agent Elvis* lets him do just that.'

prime video Class of '07

NEW *Available: Friday 17 March Genre: Comedy*
Season: 1 Episodes: 8

A high-school reunion turns out to be a disaster – literally – when an apocalyptic tidal wave hits in this Australian comedy starring Emily Browning, Caitlin Stasey and Megan Smart. Suddenly the group of twenty-something women attending the event at their old all-girls school must find a way to survive on the island peak of the school's campus. But despite the danger they are in, the former classmates still have time to be consumed by unresolved dramas from a decade earlier that once again come to the fore. 'At its heart, *Class of '07* lifts the lid on the emotional connection of female friendships, enduring even under extraordinary circumstances,' says Prime Video executive Erika North.

Bono and The Edge

Disney+ Bono & The Edge: A Sort of Homecoming with Dave Letterman

NEW *Available: Friday 17 March Genre: Documentary*

To coincide with the release of U2's new album *Songs of Surrender*, band members Bono and The Edge invite American talk-show host and comedian David Letterman to join them in their home town of Dublin. It's 75-year-old Letterman's first visit to Ireland and Bono and The Edge show him the city and its music scene before putting on an intimate concert at a local landmark. 'Recently, I won a radio contest,' jokes Letterman. 'Winner gets to visit Dublin with Bono and The Edge... Radio contest part not true, but I feel like a winner. They showed me around, introduced me to their musician friends, and performed some of their greatest songs in a small theatre. It was a great tour.'

WORDS: CAREN CLARK, JUDY EWENS, REBECCA MAHONEY, TESS LAMACRAFT. PHOTOS: APPLE TV+, C4, DISCOVERY+, ©2023 DISNEY AND ITS RELATED ENTITIES, ITV, NETFLIX, PRIME VIDEO, SKY

Race against time

Kit Harington, Sienna Miller, Meryl Streep and more battle the effects of climate change in a new anthology series

Kit Harington as Nicholas Bilton

Sienna Miller as Rebecca Shearer

tv+ Extrapolations

NEW *Available: Friday 17 March*
Genre: Drama Season: 1 Episodes: 8
(first three eps from 17 March, then weekly)

Hollywood A-listers unite to bring us a hard-hitting depiction of the effects of climate change in a new eight-part anthology series.

Created by Scott Z Burns, the ambitious series combines the acting talents of Meryl Streep, Edward Norton, Kit Harington, David Schwimmer, Marion Cotillard and many more as it follows eight interwoven stories over a 33-year time span.

The drama opens in 2037, when melting ice caps, rising sea levels, severe weather and the lack of clean water are wreaking havoc across the globe. Pregnant conservationist Rebecca Shearer (Sienna Miller) gets caught up in a forest fire and fears for her baby, while rabbi Marshall Zucker (Daveed Diggs) is torn between his family and helping climate refugees.

Meanwhile, billionaire tech tycoon and CEO Nicholas Bilton (Kit Harington) comes up with a plan to solve the drought crisis – but at what cost?

'We've set out to tell intriguing stories that are designed to make people feel as much as think,' says Burns, who also produced the 2006 documentary *An Inconvenient Truth*. 'People might want to call us sci-fi, but it's the shows that ignore the reality of the climate crisis that are the real fantasies. It isn't a science lecture any more, it's a race against time.'

Meryl Streep stars as Rebecca's mother Eve – as well as the voice of a humpback whale – while Forest Whitaker, Gemma Chan, Tobey Maguire and Diane Lane appear in later episodes.

'It's incredibly gratifying that this cast has shown up to tell these stories,' says Burns. 'The only thing we know for sure about the future is that we are all going there together and we're taking with us our hopes, fears, creativity, our capacity for love and our predilection to cause pain.'

Meryl Streep

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

itvX Endeavour

A previous case involving a reform home unsettles DCI Thursday (Roger Allam) and DS Morse (Shaun Evans) in the opening episode of the final series of ITV1's crime drama, while Morse is shocked to learn that Joan (Sara Vickers) is tying the knot.

sky box sets / NOW Django

Matthias Schoenaerts takes centre stage in Sky Atlantic's western as the titular cowboy, who receives a less-than-warm welcome when he discovers his long-lost daughter Sarah (Lisa Vicari) in a town full of outcasts and learns she's set to wed.

itvX Unforgotten

In the fifth run of ITV1's cold-case drama, DCI Jessica James (Sinéad Keenan) has a problematic first day on the job alongside DI Sunny Khan (Sanjeev Bhaskar). Body parts are found in the fireplace of a house and she gets shocking personal news.

4 Willem & Frieda

Stephen Fry fronts C4's film in which he traces the story of Dutch artist Willem Arondeus and cellist Frieda Belinfante, who forged ID cards to help Jews escape the Nazi death camps and blew up the Amsterdam records office to cover their tracks.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Milf Manor
Monday 13 March

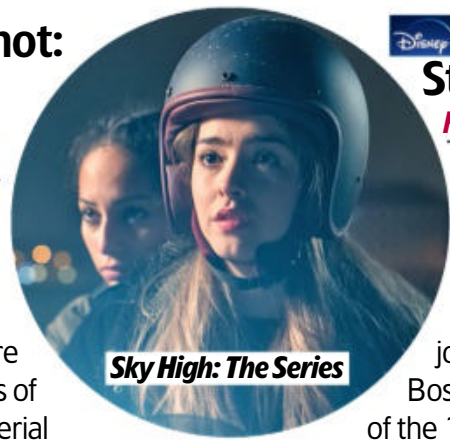
Reality series. Eight women aged between 40 and 60 go to live in a villa in Mexico to meet much younger men. But there's a twist – each man is one of the women's sons.

Ariyoshi Assists
Tuesday 14 March

Japanese comedy series. Host Hiroiki Ariyoshi lets a rotating cast of celebs be the emcee of his show while he plays the role of bemused assistant.

Money Shot: The Pornhub Story
Wednesday 15 March

Documentary on the biggest porn site in the world. While the company's made billions of dollars, there have been allegations of non-consensual material and trafficking on the site.


Sky High: The Series

The Law of the Jungle
Wednesday 15 March

Survival competition. Twelve contestants are abandoned in the jungle, where they must either work as a team or sabotage each other for a share of a jackpot.

Ted Lasso
Wednesday 15 March

Season three of the comedy drama starring Jason Sudeikis as Ted Lasso, the American manager of London football club AFC Richmond. See feature, page 14.

Still Time
Thursday 16 March

Italian comedy drama. A workaholic wants life to slow down when he finds himself leaping ahead a year every few hours.

Bali 2002
Thursday 16 March

Rachel Griffiths heads the cast of a drama series about the Bali bombings of 12 October 2002, in which 202 people died, and the chaos, despair and hope that followed. See feature, page 7.

Community
Thursday 16 March

All six seasons of the US sitcom from 2009 to 2015 revolving around a quirky group of students at a community college. Joel McHale stars.

Boston Strangler
Friday 17 March

True-crime drama starring Keira Knightley as real-life reporter Loretta McLaughlin, who became the first journalist to connect the Boston Strangler murders of the 1960s. Carrie Coon plays Loretta's colleague Jean Cole. See feature, page 6.

Bono & The Edge: A Sort of Homecoming with Dave Letterman
Friday 17 March

Music documentary. David Letterman visits Dublin for the first time to hang out with U2's Bono and The Edge in their home town and join them for a unique concert performance.

Extrapolations
Friday 17 March

A star-studded cast including Meryl Streep, Sienna Miller and Kit Harington feature in eight interwoven stories set in the near future where the chaotic effects of climate change have become embedded into people's everyday lives. See feature, page 17.

Shadow and Bone
Thursday 16 March

In season two of the fantasy drama, Alina (Jessie Mei Li) and Malyen (Archie Renaux) are on the run but determined to bring down the Shadow Fold and save the nation of Ravka from ruin.

The Magician's Elephant
Friday 17 March

Family animation. A boy accepts a king's challenge to perform three seemingly impossible tasks in exchange for a magical elephant and a chance to find his long-lost sister.

Dom
Friday 17 March

Season two of the Brazilian crime drama. Pedro Dom (Gabriel Leone) is now one of the most wanted criminals in Rio de Janeiro and the police are closing in. He has only one option left – to impersonate someone else.

Class of '07
Friday 17 March

Australian comedy. When an apocalyptic tidal wave hits during the 10-year reunion of an all-girls high school, the twenty-something women must find a way to survive while also dealing with old feuds.

Agent Elvis
Friday 17 March

Elvis Presley (voiced by Matthew McConaughey) joins a secret spy programme to battle dark forces in this animated action comedy co-created by Priscilla Presley.

Maestro in Blue
Friday 17 March

Netflix's first Greek series centres on a musician (Christopher Papakaliatis) who goes to Paxos to revive the island's summer festival. There, he finds unexpected romance while also getting involved in other people's problems.

Sky High: The Series
Friday 17 March

Spanish crime drama series based on the 2020 film. A newly widowed mother joins her late husband's gang of thieves to remain independent of her father, who specialises in stolen goods.

In His Shadow
Friday 17 March

French thriller. Two half-brothers find themselves on opposite sides of an escalating conflict with tragic consequences.

Leave

Noise
Friday 17 March

Belgian psychological thriller. An influencer's investigation into a local factory accident connected to his father unveils dark family secrets.

Dance 100
Friday 17 March

Dance competition. Eight talented choreographers go head-to-head to create increasingly complex routines for an ever-growing number of elite dancers, who are also the judges.

Leave
Friday 17 March

Norwegian horror. Decades after a young woman was abandoned as an infant at a cemetery, she sets out to find her biological parents.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, SHUDDER

Best of British

Sir David Attenborough showcases the UK's stunning flora and fauna

A puffin returns to the colony

Orcas on the hunt

NEW NATURE

Wild Isles

Sunday, 7pm, BBC1

In his long career as a wildlife broadcaster, Sir David Attenborough has visited every continent to explore the incredible diversity of life on our planet – but in his latest series, the veteran presenter stays much closer to home.

In BBC1's *Wild Isles*, he shows viewers that you don't need to visit the Serengeti or the Amazon to find incredible wildlife stories, as we have them right here in Britain and Ireland.

'The UK has the scenery and the spectacular dramas that you would expect from a global series,' says co-producer Alastair Fothergill. 'The good news is that we are globally important for nature, but we're also in the bottom 10% globally in terms of biodiversity. They're two contradictory statements, but it's also a very interesting narrative that has never been told.'

ON LOCATION

While 96-year-old Attenborough appears in front of the camera less often these days, he didn't take much convincing to accept the presenting role in this series.

'He was unbelievably enthusiastic, and said: "Alastair, I love doing new things, and nobody's done this,"' recalls Fothergill. 'I was so pleased that he agreed to go on location and introduce every episode. We took him to Skomer Island, off the coast of Pembrokeshire, and, as always, he was like a little boy!'

Each of the five episodes covers a distinct theme: *Woodland*, *Grassland*, *Freshwater*, *Ocean* and, this week, *Our Precious Isles*, which offers an overview of the incredible flora and fauna that can be found here.

'The joy of filming in Britain is that you can go back and film again,' says series co-producer Hilary Jeffkins. 'With some of the smaller sequences, we would go back because we just want another bit of detail – or better weather!'

The incredible sequences in the first episode include the pollination process of lords-and-ladies flowers – perennials found in hedgerows and woodland – that involves keeping flies hostage. We also see gannets arriving to nest on Scotland's Bass Rock and, in a wildlife film-making first, orcas hunting for seals off the coast of Shetland.

'We see orcas in the big, blue-chip programmes, hunting and pushing seals off ice,' says Jeffkins. 'But to think that we've got them in our own waters… They're clever predators, and they've worked out how to hunt and have better strategies. I was amazed by the story of them hunting together in the kelp channels.'

A badger among the bluebells

WORDS: HANNAH DAVIES, IAN MACEWAN, REBECCA MAHONEY, SEAN MARLAND, STEVEN PERKINS. PHOTOS: ALAMY, BBC, CHANNEL 5, GETTY, ITV

Christine McGuinness: Unmasking My Autism

Wednesday, 9pm, BBC1

A mother of three autistic children, reality TV star Christine McGuinness was shocked to discover she also has the condition while filming a documentary with ex Paddy McGuinness in 2021. In this follow-up, she reveals how the diagnosis has changed her life.

Morse and the Last Endeavour

Sunday, 10.20pm, ITV1

As cameras go behind the scenes on the final episodes of *Inspector Morse* prequel *Endeavour*, the cast and crew, including the show's star Shaun Evans (above), discuss what the series has meant to them, while John Thaw appears in archival clips of the curmudgeonly TV detective.

Britpop: The Music That Changed Britain

Sunday, 9pm, Channel 5

This four-parter features exclusive interviews and previously unseen footage to chart the birth, boom and bust of 1990s music genre Britpop, from bands including Elastica and Suede to the media-hyped chart battle between southerners Blur and Mancunians Oasis, headed up by Liam Gallagher (left).

Nazanin

Thursday, 9pm, C4

Freed from detention last year, British-Iranian charity worker Nazanin Zaghari-Ratcliffe was held prisoner in Iran for six years after being accused of spying. This documentary tells her story through the eyes of her husband Richard Ratcliffe (above, with Nazanin) and daughter Gabriella.

Paula

Mon & Tue, 9pm, C4 (box set, All 4)

Few television stars captured the imagination like Paula Yates, with her turbulent life making headlines before her death from a heroin overdose in 2000. This two-parter features interviews that Yates gave in the depths of despair following the 1997 suicide of her partner, INXS frontman Michael Hutchence.

Enchanted kingdom

Jonathan Ross takes a tour of Britain to uncover our forgotten folk tales

Ross tests his archery skills

NEW FACTUAL

Jonathan Ross' Myths and Legends

Monday, 9pm, More4

Britain's history is full of mysterious myths and incredible legends that have been handed down through the mists of time. Now, Jonathan Ross wants to introduce the nation's folk tales to today's generation in his new More4 docuseries.

The four-parter sees the chat-show host travel the country, and through the centuries, to shed light on some long-forgotten stories – and a few famous ones.

We caught up with the 62-year-old to find out more about his journey into the past...

Tell us about the first episode, which begins in Whitby... This is one of the few stories in the series everyone will know about. I've read *Dracula* and I've seen countless vampire movies, but to actually go to Whitby and look out over the bay that inspired Bram Stoker to write the story in 1897 was marvellous. The scene when Dracula's boat arrives on a cold, foggy night is wonderful, but we happened to be shooting on the hottest day of the year, so climbing the 199 steps to Whitby Abbey was quite a task.

Is Yorkshire a hotbed for myths and legends? Yes, we also visited Knaresborough, home of Mother Shipton, a 16th-century wise woman who was born in a cave in an ancient forest during a thunderstorm. She predicted the world would end if the local bridge fell three times. It's fallen twice, so maybe they should stop people driving across it!

What are some of your other highlights from making the series? I enjoyed going to Wales, where I heard all about a creature called an Afanc, which is a cross between a beaver and a crocodile and lives in rivers and drags people who come near it into the water. That was fascinating.

Have you always been interested in myths and legends? I was always very open to that stuff. I spent a lot of my youth wandering around hoping to find weird creatures. My friends and I thought that if we tried hard enough, we might see one. We didn't, but we did see some weird-looking people. East London in the 1970s was full of them!

Getting into the spirit at a bonfire event

Film... Pick of

PREMIERE OF THE WEEK

Still standing: Idris

Idris Elba is back with a bang in what is set to be the first in a series of Netflix films about the iconic London detective

LUTHER: *The Fallen Sun*

THRILLER

On all week, on demand, Netflix ★★★★

This first feature-length outing for legendary London copper John Luther (Idris Elba), is an attempt not just to upgrade the character from the TV to the silver screen in a Netflix production of some size and scope, but to launch a franchise.

Written, as ever, by Neil Cross, and directed by Jamie Payne, who helmed all four episodes of series five, *Luther: The Fallen Sun* begins where that season left off in 2019, with DCI Luther sent to the clink. Like numerous other maverick law enforcers, Luther's always cut corners, broken rules and roughed-up low-lifes to get what he wants, and now his own crimes have caught up with him.

The timing's terrible: while Luther expends all of his energies on not getting shanked by one of the many criminals he's sent down and is now sharing real estate with, cyber psychopath David Robey (Andy Serkis) is gleaning data of the most personal kind to shame people to their deaths, sniffing out sinners and then acting as judge, jury and executioner.

Detective Odette Raine (Cynthia Erivo), heading up the team of hunters, plays by the book and can't get close. So it's down to Luther to break out of prison and then do whatever it takes once he gets back to pounding London's mean streets. The prison break is thrilling, heavily choreographed to feel raw-edged and real. Similarly, the London that Luther escapes into is, at street level, shabby and mundane, while helicopter and drone shots pull back to reveal a gleaming night-time cityscape.

It's to Cross and Payne's credit that throughout, they walk the line between the low-key Luther we know and the event-movie Luther it might become. The characters that fans so love are in place, led by the same scuffed, big-hearted, brutal antihero. But now there are also new characters – Erivo's Raine is commanding – and a scale that grows as the movie unfurls. The foe is that bit more disturbing, and the set pieces deliver.

The theme of the privileged few hypocritically lording it up over us mere plebs has powered an awful lot of movies in the last few years, but here it's explored from an unusual angle. Events ultimately build up to a final act that's not as original as it might have been, what Elba called 'Luther-land' but that's surely inevitable when the ultimate goal is to grant Luther a licence to thrill on a global scale. This is a confident first step. Streaming from Friday **10 March.** 2023, 15, 129MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JAMIE GRAHAM, JAMES MOTTRAM, NIGEL PIZEY, NEIL SMITH

the Week's Best Films

THRILLER

Holy Spider

On all week, on demand, Mubi ★★★★

The crimes and eventual punishment of a real-life killer who preyed on sex workers in early 2000s Iran are chillingly reprised in this grimly compelling procedural. Dubbed the 'Spider Killer', the real Saeed Hanaei (played by Mehdi Bajestani) committed his crimes in the belief he was doing God's work. The movie starts in the middle of his killing spree, one police show little interest in curtailing. Frustrated by this, reporter Rahimi (Zar Amir-Ebrahimi) – an invention of the filmmakers – makes it her mission to bring Hanaei to book. The film recreates Hanaei's atrocities in graphic fashion, but it also ensures that each of the victims is established as a character. *Holy Spider* succeeds in starkly exposing the toxic nature of zealotry fuelled by misogyny. From 10 March. 2022, 18, 118MIN

Zar sets out to catch a killer

Amandla's at the centre of it all...

COMEDY HORROR

Bodies Bodies Bodies

Saturday, 6.25am & 10.50pm, Sky Premiere ★★★★

In this darkly entertaining comedy slasher, a quintet of Gen-Z contemporaries come to realise that it wasn't such a good idea after all to see out a hurricane at one of their parent's mansions. The situation is already tense by the time Amandla Stenberg rocks up uninvited with her girlfriend Maria Bakalova. That's thanks to stoner rich kid Pete Davidson's spiky remarks having alienated his house guests – Myha'la Herrold, Rachel Sennott and her forty-something Tinder date Lee Pace among them. Yet things get downright lethal when they play the parlour game of the title, a find-the-murderer frivolity that becomes deadly serious. As riotously enjoyable as it is to replay *And Then There Were None* with a cool young cast, the real pleasure of Halina Reijn's film comes from its waspish dialogue and spiteful revelations. 2022, 15, 94MIN

Case cracker: Liam

CRIME THRILLER

Marlowe

Friday, 1.10pm & 8pm, Sky Premiere ★★

Neil Jordan reunites with his *Michael Collins* star Liam Neeson for this middling hardboiled 1939 Los Angeles tale that casts the Irishman as Raymond Chandler's classic gumshoe Philip Marlowe. Be warned: this is not based on a Chandler story, but an authorised yarn penned by John Banville. Diane Kruger pops up as an heiress who hires Marlowe to find her missing lover, while it's a welcome sight to see Jessica Lange as her mother. It looks classy enough and the acting is good across the board, but Jordan can't lift this above the humdrum. 2023, 15, 109MIN

DRAMA

To Leslie

Sunday, 5.55pm, Sky Premiere ★★★

Now destitute and homeless after frittering away a lottery win six years previously, Leslie has destroyed every relationship she has ever had due to her crippling alcoholism – even that with her now 20-year-old son. Played by Andrea Riseborough, this is a woman on the precipice, in a story that makes for tough viewing in its first hour, but then lightens up when kindly saviour Marc Maron rocks up. The story has nothing new to say and is directed fairly routinely by Michael Morris, but Riseborough is sensational, delivering a fine warts'n'all performance. 2022, 15, 120MIN

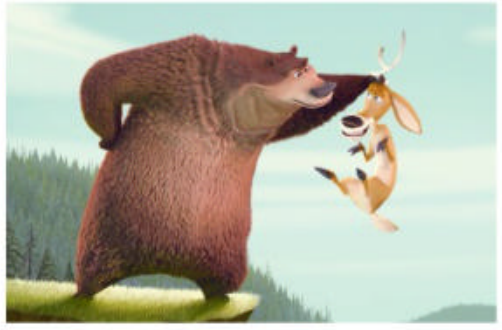
Andrea lets her hair down

FilmFinder The best of the week at a glance

Animation

How to Train Your Dragon
Saturday, 11am, Film4 ★★★★

This enchanting and adorable first film in the trilogy is a captivating triumph. A Viking chief's son is supposed to slay dragons, but instead secretly befriends a wounded one. 2010, PG, 98MIN

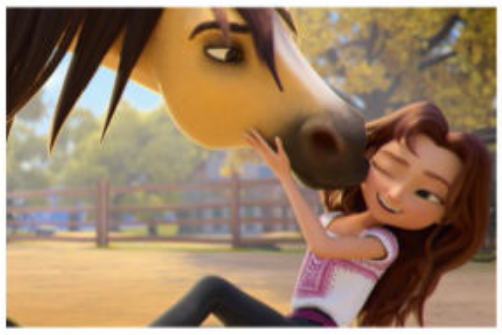


Open Season
Sat, 8.35pm, Sky Animation ★★★★

A domesticated bear is released into the wild two days before the hunting season starts and teams up with a deer to take on a mean hunter. A splendidly bright and lively cartoon. 2006, PG, 86MIN

Spider-Man: Into the Spider-Verse
Sunday, 8pm, Sky Action ★★★★★

A teen becomes Spider-Man and meets other Spideys in parallel universes, all with their own style of drawing. A dazzlingly clever animation. 2018, PG, 117MIN



Spirit Untamed
Monday, 5.40pm, Sky Animation ★★★

In this handsome animation, set during the times of the Wild West, a city girl travels to the great outdoors to be reunited with her dad and strikes up a bond with a wild stallion. 2021, U, 88MIN

Fantasy

Hellboy
Saturday, 10.30pm, Sky Action ★★★★

Ron Perlman is terrific as a horned demon who, having passed through a portal between Hell and Earth as a baby, is converted to good and roams the world taking on evil. 2004, 12, 122MIN

The Lord of the Rings: The Fellowship of the Ring
Monday, 7am, Sky Oscars ★★★★★

Hobbit Frodo (Elijah Wood) starts his perilous quest to destroy the powerful ring in Peter Jackson's astounding first film in his masterful trilogy. 2001, PG, 178MIN

The Mortal Instruments: City of Bones
Tuesday, 7.25pm, Sky Family ★★★

Teen Lily Collins turns into a kick-ass demon-slayer after learning she's a half-angel warrior. This fantasy is convoluted, but full of energy. 2013, 12, 130MIN

X-Men: Apocalypse
Wednesday, 6.20pm, Film4 ★★★

This adventure delivers breathtaking action and lots of fan-pleasing in-jokes, but is weighed down by juggling too many characters and its less than compelling villain. 2016, 12, 144MIN

Drama

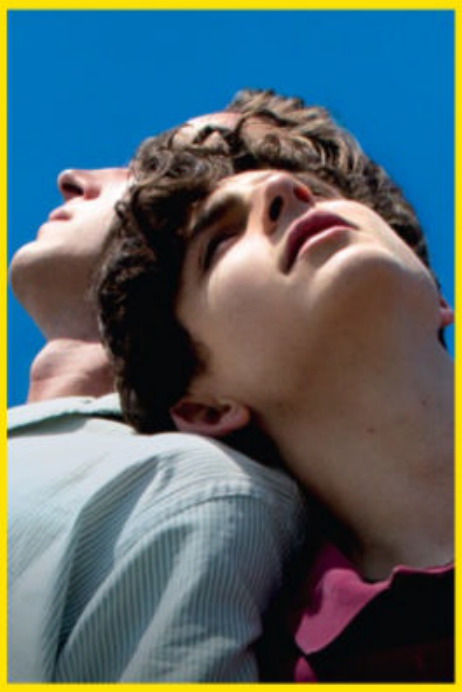
Carol
Sunday, 1.30am, Film4 ★★★★★

In the 1950s, Cate Blanchett is wealthy Carol and Rooney Mara a shop girl who falls under her spell. Both Oscar-nominated, the stars are outstanding in this sumptuous drama. 2015, 15, 119MIN

The Mustang
Thursday, 10.50pm, Film4 ★★★

Matthias Schoenaerts' violent Nevada convict is given a shot at rehabilitation by taming wild horses. This sparse drama reveals how beauty can blossom from the darkest circumstances. 2019, 15, 96MIN

EDITOR'S CHOICE



Call Me By Your Name
Tuesday, 11.40pm, Film4 ★★★★★

A precocious 17-year-old (Timothée Chalamet) is hanging out at his family's Italian villa in the summer of 1983 when the arrival of a doctoral student (Armie Hammer) sparks a heady infatuation. Anchored by precisely observed period detail, this sensual coming-of-age story captures the lyrical hesitancy and longing of first love. The screenplay, adapted by James Ivory from André Aciman's novel, won an Oscar. 2017, 15, 132MIN

Comedy

The Inbetweeners Movie
Saturday, 9pm, E4 ★★★★

The first big-screen outing for the inept loser lads (Simon Bird, James Buckley, Joe Thomas and Blake Harrison) sees them going on holiday to Crete with side-splitting results. 2011, 15, 93MIN

Date Night
Sunday, 9pm, GREAT! movies ★★★★

On a night out, Steve Carell and Tina Fey end up on the run from hitmen after a mix up at a restaurant. Mark Wahlberg offers scene-stealing support in this hilarious madcap comedy. 2020, 15, 88MIN

Beverly Hills Cop
Monday, 6.05pm, Sky Best of 80s ★★★★★

Eddie Murphy's loud-mouth Detroit cop is in LA to solve his pal's murder. Spitting out his lines at machine-gun speed, Murphy is at his best. 1984, 15, 105MIN

Four Lions
Friday, 11.35pm, Film4 ★★★★

Chris Morris' provocative comedy is clever and hilarious, but the plot about inept British jihadists mounting a suicide bomb attack may not be to all tastes. Riz Ahmed and Kayvan Novak star. 2009, 15, 101 MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 11 March

DRAMA

Empire of Light

On demand, Disney+ ★★★

Sex ●●● Violence ●●● Language ●●●

In a decaying seaside town in 1980, Olivia Colman is the mentally frail manager of the rundown Empire cinema who embarks on an affair with new recruit Michael Ward. As the picture palace is invited to host the regional premiere of *Chariots of Fire* and a tide of National Front sentiment sweeps the country, things hit crisis point. Colman is terrific and Ward and the rest of the cast, including Colin Firth and Toby Jones, also do well, but Sam Mendes' film has a schematic, engineered quality that rings hollow. 2022, 15, 115MIN

Olivia feels the movie magic

THRILLER

The Ipcress File

1.30pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

With the world already hooked on the exploits of James Bond, author Len Deighton presented a very different picture of the British secret service in the shape of shabby, bespectacled Harry Palmer. This first screen adventure for Palmer helped cement Michael Caine's status as an international superstar, and his deadpan verbal sparring with his superiors is the highlight of a tale of brainwashing and international treachery. 1965, PG, 108MIN

HORROR

Orphan

9pm, AMC ★★★

Sex ●●● Violence ●●● Language ●●●

Having recently lost their baby, Vera Farmiga and Peter Sarsgaard decide to adopt a child. So they go to a creepy orphanage and pick out an eerily sweet girl (Isabelle Fuhrman). However, she's soon proving anything but nice, playing mum against dad and involving her new siblings in nasty games. Fuhrman is impressive, Farmiga and Sarsgaard play it admirably seriously and the big twist is satisfyingly hard to spot. 2009, 15, 123MIN

GENRE

At Any Price

11.40pm, BBC1 (12.25am Scotland) ★★★

Sex ●●● Violence ●●● Language ●●●

'People like winners,' observes Dennis Quaid's competitive Iowa farmer to his rebellious stock-car racer son (Zac Efron), who is chafing at the parental bit and doesn't want to join the family business. Both, however, come to learn the heavy cost of winning. This indie family drama takes an overly melodramatic turn before the end, but until then its portrayal of America's troubled rural heartland is very convincing. 2012, 18, 102MIN

THRILLER

A White, White Day

2.05am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Ingvar Sigurdsson brilliantly anchors this gripping Icelandic thriller as a widower whose suspicions that his late wife had an affair become a dangerous obsession. The film unfolds over long, leisurely takes studded with stylistic flourishes, while an exasperating remote counselling session and a terse exchange that descends into slapstick violence are blackly funny. Subtitled. 2019, 15, 109MIN

■ Full listings start on p35

Sunday 12 March

DRAMA

Mr Jones

10pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

In the early 1930s, when many in the west were misty-eyed about the achievements of Stalin and the Soviet Union, Welsh journalist Gareth Jones (James Norton) goes to Moscow. He keeps asking difficult questions and, at great risk, travels to Ukraine where he exposes the famine that killed up to 10 million people. But Stalin's propaganda machine swings into action to discredit him. The story takes its time to unfold, but Jones' dogged heroism comes across vividly and the grim scenes in Ukraine pack a powerful punch. 2019, 15, 119MIN

Cold war: James exposes the truth

MUSICAL COMEDY

My Fair Lady

1pm, Channel 5 ★★★★

Sex ●●● Violence ●●● Language ●●●

Rex Harrison's talk-singing turn as Professor Higgins and Audrey Hepburn (with her singing voice dubbed) as the cockney flower girl he makes a lady are the now somewhat dated heart and soul of this beloved musical. Julie Andrews, who made the role famous on stage, was reportedly furious at missing out and director George Cukor was advised by the studio that if he messed up he'd never work in Hollywood again. In the end, both Hepburn and Cukor triumphed. 1964, U, 175MIN

CLASSIC THRILLER

The Third Man

2.40pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Carol Reed's all-time great movie, made in 1949 and set in the ruins of post-war Vienna, is remembered for two things: the catchy zither music score and Orson Welles' perfect first appearance in a shadowy doorway. As black marketeer Harry Lime, he's only on screen briefly yet his huge personality dominates this tangled tale of corruption and intrigue. Joseph Cotten is an old pal on his trail and Trevor Howard is a British officer. 1949, PG, 104MIN

WESTERN

3.10 to Yuma

5.10pm, GREAT! movies action ★★★★

Sex ●●● Violence ●●● Language ●●●

This quality suspense Western is nail-biting right up to its memorable climax. There are taut performances by Van Heflin as a struggling rancher and Glenn Ford as the captured outlaw he can turn into cash – if only he can hold him until the arrival of the 3.10 train. Henry Jones and Richard Jaeckel give sharp turns, too, while Frankie Laine's theme song and Charles Lawton's crisp photography are big bonuses. 1957, PG, 80MIN

ACTION

Shaft

10.30pm, Sky Hits ★★★

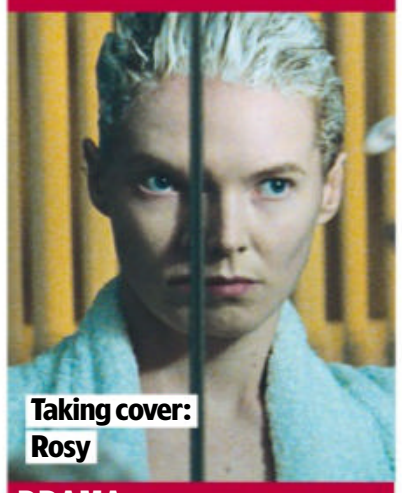
Sex ●●● Violence ●●● Language ●●●

New York detective John Shaft (Samuel L Jackson) goes up against a wealthy racist killer (Christian Bale). Jackson looks the part and having original 1971 Shaft, Richard Roundtree, as his uncle is a fun touch. Isaac Hayes' theme is there, too, and full marks to director John Singleton for making the film more than just another braindead actioner, even if its stance on police brutality is muddled. 2000, 18, 99MIN

■ Full listings start on p45

PAY-PER-VIEW PREMIERES

The pick of the week's films on Sky, Virgin and other platforms



Taking cover: Rosy

DRAMA

Blue Jean

From Mon 13 March ★★★★

Sex ●●● Violence ●●● Language ●●●

It's Thatcher's Britain, 1988, a time when local authorities were banned from 'promoting homosexuality' under Section 28. Gym teacher Jean (Rosy McEwen), passive, paralysed by fear and closeted at work, worries for her job at a Tyneside comprehensive – especially when 15-year-old student Lois (Lucy Halliday) starts going to the lesbian bar frequented by Jean and her girlfriend Viv (Kerrie Hayes). Writer-director Georgia Oakley's drama ducks easy clichés and McEwen's pensive central performance marks her out as one to watch. 2022, 15, 97MIN

Ruffling the royals: Vicky

PERIOD DRAMA

Corsage

From Mon 13 March ★★★★

Sex ●●● Violence ●●● Language ●●●

Vicky Krieps is utterly riveting as Empress Elisabeth of Austria, the 1800s royal trapped in a loveless marriage and denied both voice and agency. So she takes to wilful acts of rebellion that have her husband (Florian Teichtmeister) and son (Aaron Friesz) fearing for her sanity. However, it's not only the diktats of monarchy, but also those of her century against which she revolts with persuasive results in writer-director Marie Kreutzer's fine film that pays as little heed to genre conventions as its protagonist does to protocol. 2022, 15, 114MIN

Weekday movies over page

Weekday movies

Monday 13 March

HORROR

Don't Look Now

11.15pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Donald Sutherland and Julie Christie are at their best as a married couple who go to Venice following their young daughter's tragic drowning. But all kinds of strange things occur, with Sutherland plagued by visions as well as glimpses of a child in a red coat – and then there are two odd sisters (Hilary Mason and Clelia Matania), one of whom is psychic… Based on a Daphne Du Maurier tale, director Nicolas Roeg's iconic chiller constantly surprises right through to the famous shocking twist. 1973, 15, 106MIN

Red alert: Donald and Julie

CRIME COMEDY

Bandits

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This wilfully silly caper comedy is far too full of its own smartness, but it is genuinely funny. Bruce Willis and Billy Bob Thornton wear a succession of amusingly awful disguises and rob banks, their rugged double act packed full of quick wit and repartee. And, when runaway housewife Cate Blanchett teams up with them ('Together you're the perfect man!'), the movie shifts up into a whole extra gear of romantic comedy. 2001, 12, 122MIN

PERIOD DRAMA

Elizabeth

11.25pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Shekhar Kapur's award-winning portrait of Elizabeth I might play fast and loose with historical facts, but it is certainly an enjoyable and full-blooded slice of period drama. Oscar-nominated Cate Blanchett supplies just one of many terrific performances in a starry cast (Geoffrey Rush, Joseph Fiennes, Richard Attenborough et al), bringing out the Virgin Queen's initial naivety and subsequent ruthless streak. 1998, 15, 122MIN

THRILLER

Brooklyn's Finest

10.10pm, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Over the course of one night, three Brooklyn cops' lives spin out of control. Don Cheadle is an undercover cop ordered to bust his drug dealer pal (Wesley Snipes), Richard Gere is an alcoholic trying to survive his last week to retirement and Ethan Hawke is considering murder to get a stash of drugs money to buy a big house for his family. Director Antoine Fuqua's powerful thriller is gritty, compelling and violent. 2009, 18, 133MIN

DRAMA

The Kite Runner

12.35am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Adapted from Khaled Hosseini's bestseller, director Marc Foster's moving drama revolves around an Afghan writer (Khalid Abdalla) living in exile in San Francisco and remembering his childhood in Afghanistan prior to the Soviet invasion in the 1970s. The flashbacks of the protagonist and his friend, obsessed with the soon-to-be-forbidden pastime of kite-flying, are most affecting. Subtitled. 2007, 12, 128MIN

■ Full listings start on p55

Tuesday 14 March

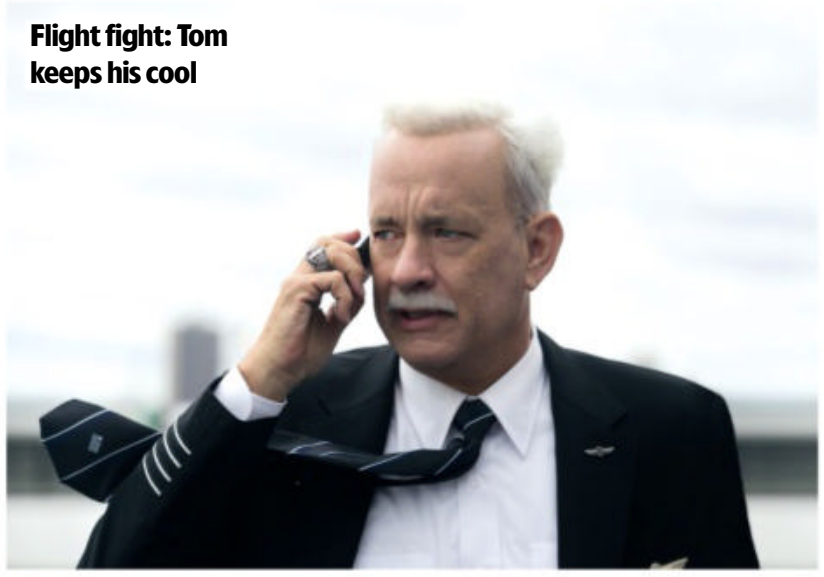
DRAMA

Sully

10.40pm, BBC1 (11.45pm Wales, not N Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Hanks stars in a brisk, no-nonsense re-creation of the incredible exploit of airline pilot Chesley 'Sully' Sullenberger, who famously landed his stricken plane on New York's Hudson River in January 2009. Less skilful hands would find it hard building climactic tension out of the much-publicised happy ending, but director Clint Eastwood and screenwriter Todd Komarnicki circle around the main event, carefully showing how everyone did their bit, to ensure we stay constantly gripped. 2016, 12, 96MIN



Flight fight: Tom keeps his cool

COMEDY

Ghost Town

6.35am & 11.40pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

This spirited fantasy romcom is a delight. Ricky Gervais provides lots of laughs as a lonely, grumpy British dentist in New York who dies and is revived to find he can now see ghosts. When recently deceased Greg Kinnear persuades him to break up the planned marriage of his widow (Téa Leoni), grouchy Gervais takes a fancy to her. Gervais never puts a foot wrong in a super, tailor-made role. 2008, 12, 102MIN

ACTION

Speed

9pm, ITV4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

As with all the best action films, this thriller revolves around a simple plot: Dennis Hopper wires a bus to explode if it slows to under 50mph and challenges maverick cop Keanu Reeves to defuse it. Sandra Bullock is the real star of the show, though, as the passenger thrust behind the wheel of the runaway vehicle. Breathlessly paced, the film builds up nail-biting tension and also has a winning line in humour. 1994, 15, 116MIN

HORROR

Antlers

2.05pm & 4.55am, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

In a crumbling Oregon town ravaged by the opioid crisis, Jesse Plemons' sheriff and his teacher sister Keri Russell cross paths with a boy (Jeremy T Thomas) whose family home is dominated by a demonic presence. A cadaverous Scott Haze goes the extra mile as the lad's meth-making father in this unnerving horror fable, though it never quite gels its scares with the snapshot of poverty-riddled America. 2021, 15, 99MIN

WAR DRAMA

To End All Wars

9pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

This harrowing but powerful drama revisits the scene of *The Bridge on the River Kwai*, where Allied troops were forced to build a railway through Burma and Thai jungles for the Japanese during World War Two. Robert Carlyle gives a blistering performance as a Scottish PoW, Kiefer Sutherland is a feisty Yank and Ciarán McMenamin plays Ernest Gordon, on whose book this is based. 2002, 15, 118MIN

■ Full listings start on p65

Wednesday

BIOPIC

The Electrical Life of Louis Wain

10.05am, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

An ideally cast Benedict Cumberbatch is wannabe inventor and artist Louis Wain in this stylised biopic that spans his life from 1881 to 1925. Claire Foy is also

A purr-fect portrait: Benedict

DRAMA

The Estate

8.35am, Sky Cinema Comedy ★★

Sex ●●● Violence ●●● Language ●●●

Comedy is relative in this flat-footed farce about two sisters (Anna Faris and Toni Collette) who decide to court their cantankerous aunt (Kathleen Turner) in the hope that she'll put them in her will. However, their greedy cousins have had the same idea, instigating some malicious one-upmanship. There are more misses than hits here, although Turner's ill-tempered oldster is very entertaining. 2022, 15, 96MIN

MYSTERY

Personal Shopper

11.10pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

Kristen Stewart plays a personal shopper to a globetrotting socialite, flitting between high-fashion boutiques and ateliers in Paris and London. She is also a grief-stricken medium trying to make contact with her recently deceased twin brother. The narrative is slow-paced and decidedly odd, but the mix of psychological drama, ghost story and suspense chiller is genuinely spooky and unsettling. 2016, 15, 105MIN

15 March

ideal as governess Emily Richardson who, in a class-crossing taboo, becomes his wife, while their moggy is the inspiration for his famous paintings of cartoony felines (Wain was credited with popularising cats as pets). It's funny and moving, though less a masterpiece than a cute curiosity. 2021, 12, 111MIN

DRAMA

The Elephant Man

12.05am, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A severely deformed young man, John Merrick (John Hurt), is rescued from his humiliating life as a fairground exhibit by kind surgeon Frederick Treves (Anthony Hopkins) and given a new home in Whitechapel's London Hospital. David Lynch's remarkable film persuasively re-creates Victorian London and Hurt, buried under pounds of latex, delivers a heartbreaking performance ('I am not an animal, I am a human being!'). 1980, PG, 124MIN

THRILLER

Don't Breathe 2

1.30am, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

Rather than rehash the 2016 film, director and co-writer Rodo Sayagues pulls a bait and switch by turning the monster into the saviour. Now, Stephen Lang's blind vet has dumped his despicable ways to care for a kid (Madelyn Grace), but when some bad men come a-calling, he's back to what he knows best. It's gruesome fun with some neat twists. 2021, 15, 98MIN

■ Full listings start on p75

Thursday 16 March

MYSTERY

Nancy Drew and the Hidden Staircase

2.15pm & 2.15am, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

Taking an original 1930 *Nancy Drew* novel as its template, this reboot for the teen sleuth is an enjoyable romp. Sophia Lillis is the perfect fit for the mystery-solver – just the right side of perky and determined, she's now a skateboarding hipster investigating the case of an apparently haunted local house. The script will please younger viewers and is more than engaging for post-teens, too. 2019, PG, 89MIN

On the case: Sophia

THRILLER

The Desperate Hour

8.15am & 3.55am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Widowed mum Naomi Watts is out jogging when her mobile goes off – there's a shooting at her son's school... Deep in the woods, it's too late to get home so she desperately uses her phone to track the news and help get her to the incident as quickly as possible. Watts and director Phillip Noyce skilfully wring every ounce of tension out of the drama and, minor gripes aside, this will keep your blood pumping. 2021, 12, 84MIN

HORROR

American Carnage

8.25am & 11.55pm, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

An amusing mystery horror caper that treats subtlety as the enemy. Jorge Lendeborg Jr and a bunch of other teens are arrested as children of illegal immigrants and forced to work at an OAP home in order to clear their sentences. In *Scooby-Doo* fashion, they discover some shady goings on... To say more would spoil the genre-bending finale. An intriguing and gleefully dark experience. 2022, 15, 98MIN

THRILLER

The Driver

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

Expert getaway driver Ryan O'Neal is always one step ahead of cop Bruce Dern, whose determination to catch the crook becomes ever more obsessive. As O'Neal's girlfriend, Isabelle Adjani is a complication, but writer-director Walter Hill handles the action set pieces with style and the brilliant car chases still impress – especially when O'Neal takes a carload of crooks on a high-speed run around an underground car park. 1978, 15, 91MIN

WESTERN

The Keeping Room

2.15am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Set towards the end of the American Civil War, this Western finds three women (Brit Marling, sister Hailee Steinfeld and servant Muna Otaru) defending their remote home from two marauding Union soldiers (Kyle Soller and Sam Worthington). Director Daniel Barber stokes up the tense, nail-biting suspense all the way to the inevitable violent showdown. 2014, 15, 95MIN

■ Full listings start on p85

Friday 17 March

COMEDY

The 40-Year-Old Virgin

10.45pm, ITV1 (not UTV) ★★★★

Sex ●●● Violence ●●● Language ●●●

In the title role, Steve Carell's shop assistant inadvertently lets slip his inexperience with the ladies, leading well-meaning pals Paul Rudd, Seth Rogen and Romany Malco to help him kick-start his love life. Director and co-writer (with Carell), Judd Apatow ensures there is a steady stream of laugh-out-loud moments as well as a delightfully warm-hearted centre in this hilarious comedy. Catherine Keener plays a nice divorcee Carell falls for and, as his boss, Jane Lynch has some of the funniest lines. 2005, 15, 116MIN

Dating game: Steve and Catherine

BIOPIC

The United States vs Billie Holiday

9.45am, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

Andra Day is magnetic as legendary jazz singer Billie Holiday, whose drug addiction is exploited by the FBI as part of their plan to quell the revolutionary impact of *Strange Fruit*, a protest song against lynching. Day's husky vocals are hypnotically showcased, and she also powerfully evokes Holiday's despair and desperation off-stage. It's a pity, then, that the film as a whole lacks depth. 2021, 15, 130MIN

CRIME COMEDY

Logan Lucky

6.45pm, AMC ★★★★

Sex ●●● Violence ●●● Language ●●●

An unabashedly scruffy, appealingly laid-back crime comedy revolving around an elaborate raid on the Charlotte Motor Speedway – during the biggest Nascar race of the season – which has been cooked up by Channing Tatum's Jimmy Logan. Tatum has Adam Driver, Riley Keough and Daniel Craig on his team, and the engaging supporting cast includes Katie Holmes, Hilary Swank and Seth MacFarlane. 2017, 12, 116MIN

CRIME DRAMA

The Bling Ring

9pm, BBC3 ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Sofia Coppola strikes satirical gold in this true tale about a gang of fame-obsessed LA teens who broke into the homes of a string of celebrities, including Paris Hilton, Megan Fox and Orlando Bloom, walking out with over $3million of designer goods. Coppola observes all this with a cool comic eye and gets great turns from her cast, including scene-stealing Emma Watson as an air-headed celebrity wannabe. 2013, 15, 90MIN

COMEDY

24 Hour Party People

1.40am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This hilarious slice of music history stars an excellent Steve Coogan as Tony Wilson, who set up Factory Records and The Hacienda nightclub. He made 1980s Manchester the hub of the music world with Joy Division, New Order and Happy Mondays producing some of the most influential music of the decade, before it imploded spectacularly. 2002, 18, 113MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Cheltenham Festival

Jockey **Derek Fox** previews the most prestigious event in the National Hunt calendar

THE MAIN EVENT

LIVE HORSE RACING

Tuesday-Friday, ITV1

The Cheltenham Festival begins on Tuesday, with 14 Grade One races spread across four days as more than 250,000 horse-racing fans descend on the Gloucestershire racecourse.

Last year was a memorable event for trainer Willie Mullins, who set a new record of 10 victories, while Rachael Blackmore became the first woman jockey to win the showpiece Gold Cup, taking victory on A Plus Tard.

We spoke to jockey Derek Fox, a first-time winner in 2022, about what makes Cheltenham so special…

Charlie Swan won on Istabraq in 1999

How did it feel to have your first Festival winner with Corach Rambler last year? It was a dream come true. It was a standing start and when they dropped the flag, I got caught a wee bit far back but luckily he came through. Getting a winner at Cheltenham is a massive buzz.

You won the Grand National back in 2017. Could you see Corach Rambler winning the National one day? I think the plan is for Corach to go to the Grand National in April and he'll really suit it. He's got a great racing weight and will take to the fences well. He's good enough to give it a good go.

You also had a second place at Cheltenham last year with Ahoy Senor. Can he go one better in this year's Gold Cup? It took him a few runs this year to come to his very best but he put up a great performance in the Cotswolds Chase last time out, and he now seems better than ever.

What are your earliest memories of Cheltenham? I never got to go as a kid; I just watched it on TV. I used to get a half day from school when Cheltenham was on so that was nice and my first memories are Istabraq winning his first Champion Hurdle in 1999. He was the first horse I used to follow.

What is the most memorable race you've seen at the Festival over the years? Native River defeating Might Bite in an epic duel to win the 2018 Gold Cup. It was a very positive ride off the front by Richard Johnson.

How do you prepare for the Festival? In the build-up, you have to do your day-to-day stuff. You obviously can't take it too lightly, but you can't let it worry you either. As long as you're physically fit and you know your horse is fit and well, it takes a lot of pressure off.

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

Derek Fox (right) winning at Cheltenham in January

Native River, ridden by Richard Johnson, in 2018

LIVE RUGBY UNION

Six Nations

Saturday & Sunday, BBC1, ITV1 & S4C

After two tries from Mack Hansen helped secure victory over Italy, table-topping Ireland continue their quest for the Grand Slam at Murrayfield on Sunday (3pm, BBC1), with Tadhg Furlong, Robbie Henshaw and Jamison Gibson-Park hoping to make their first appearances of the campaign. Second-placed Scotland are still in the hunt for the title, however, and a win would see Gregor Townsend's men claim a first Triple Crown since 1990.

Scotland's Duhan van der Merwe

In Saturday's matches, bottom-placed Wales travel to an equally winless Italy (2.15pm, ITV1 & S4C) after their worst start to a Six Nations in 16 years, before England host France in what promises to be a titanic struggle at Twickenham (4.45pm, ITV1).

Mack Hansen of Ireland

The Philadelphia 76ers' Joel Embiid

LIVE BASKETBALL

Cleveland Cavaliers v Philadelphia 76ers

Wed, tip-off 11.30pm, BBC1

The BBC continues its live coverage of the NBA season with this clash in Cleveland. When the teams met last month, the Sixers survived a rocky second half to emerge 118-112 winners, as Joel Embiid scored 29 points – including the 10,000th of his career. The Cameroonian centre accomplished the feat in just his 373rd game – the fastest to reach the mark in Philadelphia's history.

Liverpool's Stefan Bajcetic challenges Luka Modric of Real Madrid

LIVE FOOTBALL

Champions League

Tuesday & Wednesday, kick-offs 8pm, BT Sport 1 & BT Sport 2

After a 5-2 mauling by Real Madrid in the first leg, Liverpool travel to the Bernabeu on Wednesday more in hope than expectation. If the Reds are to progress to the quarter-finals, they will need to produce one of the greatest comebacks in Champions League history, as Madrid became the first team ever to come from two goals down to win a Champions League game by three. Before that, on Tuesday, Manchester City still have work to do at the Etihad following their 1-1 draw at RB Leipzig in the first leg.

Jacques Villeneuve

LIVE MOTORSPORT

World Endurance Championship

Friday, Eurosport 1

The opening round of the World Endurance Championship season comes from Florida where teams race in the 1,000 Miles of Sebring. In the Hypercar category, former F1 champion Jacques Villeneuve, now aged 51, is among the drivers for the rebranded Floyd Vanwall Racing Team in the seven-race season that includes June's 24 Hours of Le Mans.

Sport A-Z and football planner »»

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1 September 2023

Showaddywaddy, Herman's Hermits, The Legendaries - Les McKeown's Touring Band performing the hits of the Bay City Rollers, Phil Wright's Paper Lace, Carnaby Street, Jeff Brown (ex Tremeloes), Little Miss 60s PLUS house band 60s Explosion

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Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE Richmond v Carlton
Thu 8am BT Sport 2

LIVE Geelong Cats v Collingwood
Fri 8.30am BT Sport 2

LIVE Port Adelaide v Brisbane Lions
Fri 5.30am BT Sport 1

BADMINTON

LIVE German Open
Sat 11am BT Sport 3 & Sun 11am BT Sport 4

LIVE Yonex All England
Tue-Thu 10am BT Sport 3; Fri 10am & 5pm BT Sport 3

BASEBALL

LIVE Los Angeles Dodgers v Cleveland Guardians
Mon 8pm BT Sport 2

LIVE New York Yankees v Philadelphia Phillies
Wed 5pm BT Sport 4

BASKETBALL

LIVE Los Angeles Clippers v New York Knicks
Sat 9pm Sky Sports Arena & Sky Sports Mix
The NBA encounter.

LIVE The Big 12 Championship match
Sat 11pm BT Sport 4

LIVE Golden State Warriors v Milwaukee Bucks
Sat 1.30am Sky Sports Main Event & Sky Sports Arena

LIVE Denver Nuggets v Brooklyn Nets
Sun 7.30pm Sky Sports Arena

LIVE Philadelphia 76ers v Washington Wizards
Sun 10pm Sky Sports Arena & 10.30pm Sky Sports Main Event

LIVE London Lions v Promitheas Patras
Wed 7.15pm BT Sport 3.

LIVE Cleveland Cavaliers v Philadelphia 76ers
Wed 11.30pm BBC1
The NBA encounter. See p29.

LIVE Leicester Riders v Caledonia Gladiators
Fri 7.30pm Sky Sports Action

LIVE Los Angeles Lakers v Dallas Mavericks
Fri 2.30am Sky Sports Main Event & Sky Sports Arena

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Darts
Michael Smith will be looking for another Premier League win in Nottingham on Thursday

BOXING

LIVE Tony Yoka v Carlos Takam
Sat 6pm Sky Sports Action
The heavyweight bout.

COMBAT SPORTS

LIVE Petr Yan v Merab Dvalishvili
Sat 11pm BT Sport 2

LIVE Robert Ruchala v Lom-Ali Eskiev
Fri 6pm Viaplay Sports 2

CRICKET

LIVE South Africa v West Indies
Sat 7.30am Sky Sports Main Event & Sky Sports Cricket; Sun 7.30am Sky Sports Arena
Days four and five of second Test.

LIVE Super Women v Amazons
Sat 8.50am Sky Sports Mix

LIVE Gujarat Giants v Delhi Capitals
Sat 1.50pm Sky Sports Cricket

LIVE Quetta Gladiators v Multan Sultans
Sat 1.50pm Sky Sports Mix

LIVE New Zealand v Sri Lanka
Sat 10pm BT Sport 3; Sun 9.30pm BT Sport 3
Coverage of days four and five of the first Test in the two-match series.

LIVE India v Australia
Sat & Sun 3.45am BT Sport 1
Coverage of days four and five of the fourth and final Test.

LIVE Bangladesh v England
Sun 8.30am Sky Sports Main Event & Sky Sports Cricket
Coverage of the second T20 in the three-match series from Mirpur.

LIVE Islamabad United v Peshawar Zalmi
Sun 8.50am Sky Sports Mix

LIVE UP Warriorz v Mumbai Indians
Sun 1.50pm Sky Sports Cricket

LIVE Lahore Qalandars v Karachi Kings
Sun 1.50pm Sky Sports Mix

LIVE Delhi Capitals v Royal Challengers Bangalore
Mon 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE Bangladesh v England
Tue 8.30am Sky Sports Main Event & Sky Sports Cricket
Coverage of the third T20 in the three-match series from Mirpur.

LIVE Mumbai Indians v Gujarat Giants
Tue 1.50pm Sky Sports Cricket & 2pm Sky Sports Main Event

LIVE UP Warriorz v Royal Challengers Bangalore
Wed 1.50pm Sky Sports Cricket

LIVE Pakistan Super League
Wed 1.50pm Sky Sports Mix & 2pm Sky Sports Main Event
Coverage of a qualifier match.

LIVE South Africa v West Indies
Thu 10.30am Sky Sports Main Event & Sky Sports Arena; Thu 10.30am & 6pm Sky Sports Cricket
Coverage of the first one-day game of the three-match series.

LIVE Pakistan Super League
Thu 1.50pm Sky Sports Main Event & Sky Sports Mix
Coverage of the first Eliminator.

LIVE Delhi Capitals v Gujarat Giants
Thu 1.50pm Sky Sports Cricket

LIVE New Zealand v Sri Lanka
Thu 10pm BT Sport 1; Fri 9.30pm BT Sport 3
Days one and two of the second Test.

LIVE Pakistan Super League
Fri 1.50pm Sky Sports Cricket & Sky Sports Mix; 3pm Sky Sports Main Event
Coverage of the second Eliminator.

CYCLING

LIVE Paris-Nice
Sat & Sun 12noon Euro2
Coverage of stages seven and eight.

LIVE Tirreno-Adriatico
Sat & Sun 2pm Euro2
Coverage of stages six and seven.

LIVE Nokere Koerse
Wed 11.30am & 3.15pm Euro2

LIVE Milano-Torino
Wed 1.30pm Euro2

LIVE Grand Prix de Denain
Thu 1pm Euro2

LIVE Bredene Koksijde
Fri 1pm Euro1

DARTS

LIVE Premier League
Thu 7pm Sky Sports Action
The seventh night from Nottingham.

GOLF

LIVE Magical Kenya Open
Sat & Sun 9.30am Sky Sports Golf
Coverage of days three and four.

LIVE Players Championship
Sat 2pm Sky Sports Golf; Sat 2.30pm & 8pm Sky Sports Main Event; Sun 2pm Sky Sports Golf & 7pm Sky Sports Main Event
Coverage of days three and four.

LIVE Women's Asian Amateur Golf Championship
Sat 2am Sky Sports Golf & 4am Sky Sports Main Event
Coverage of the fourth and final day.

LIVE Aramco Team Series
Wed-Thu 5am Sky Sports Main Event & Sky Sports Golf
Coverage of days one to three.

LIVE Valspar Championship
Thu 11.30am Sky Sports Golf & 6pm Sky Sports Main Event; Fri 11.30am Sky Sports Main Event & Sky Sports Golf
Coverage of days one and two.

HOCKEY

LIVE Australia v Germany
Sat 1.30pm BT Sport 2

LIVE India v Germany
Mon 1.30pm BT Sport 1

LIVE Germany v Australia
Tue 1.30pm BT Sport 1

LIVE India v Australia
Wed 1.30pm BT Sport 1

HORSE RACING

LIVE Racing from Sandown
Sat 1.10pm ITV4

LIVE Cheltenham Festival
Tue, Thu & Fri 1pm ITV; Wed 1pm ITV4 & 2pm ITV
Days one to four. See p28.

ICE HOCKEY

LIVE Buffalo Sabres v New York Rangers
Sat 10pm Viaplay Sports 2

LIVE Toronto Maple Leafs v Edmonton Oilers
Sat 12m't Viaplay Sports 1

LIVE New Jersey Devils v Carolina Hurricanes
Sun 11pm Viaplay Sports 1

LIVE Toronto Maple Leafs v Buffalo Sabres
Mon 11.30pm Viaplay Sports 1

LIVE Seattle Kraken v Dallas Stars
Mon 2am Viaplay Sports 2

LIVE Carolina Hurricanes v Winnipeg Jets
Tue 11pm Viaplay Sports 1

LIVE Los Angeles Kings v New York Islanders
Tue 2.30am Viaplay Sports 2

LIVE Toronto Maple Leafs v Colorado Avalanche
Wed 11pm Viaplay Sports 1

LIVE Anaheim Ducks v New York Islanders
Wed 2am Viaplay Sports 2

LIVE New Jersey Devils v Tampa Bay Lightning
Thu 11pm Viaplay Sports 1

LIVE Winnipeg Jets v Boston Bruins
Thu 12m't Viaplay Sports 2

LIVE Toronto Maple Leafs v Carolina Hurricanes

LIVE Anaheim Ducks v Columbus Blue Jackets
Fri 2am Viaplay Sports 2

MOTORSPORT

LIVE Extreme E
Sat 4pm & Sun 12noon ITV4
Coverage of the Desert X-Prix.

LIVE NASCAR
Sun 7pm Viaplay Sports 2
United Rentals Work United 500.

LIVE World Rally Championship
Thu 2am BT Sport 2
Coverage of the Rally Mexico.

LIVE Formula 2
Fri 10.50am & 3pm Sky Sports F1
The Saudi Arabian Grand Prix practice and qualifying sessions.

LIVE Formula 1
Fri 1pm & 4.45pm Sky Sports Main Event & Sky Sports F1
The Saudi Arabian Grand Prix first and second practice sessions.

LIVE FIA World Endurance Championship
Fri 3.30pm Euro1
The 1,000 Miles of Sebring. See p29.

NETBALL

LIVE Strathclyde Sirens v Saracens Mavericks
Fri 7pm Sky Sports Mix

RUGBY LEAGUE

LIVE Melbourne Storm v Canterbury-Bankstown Bulldogs
Sat 8.30am Sky Sports Arena

LIVE Manly Warringah Sea Eagles v Parramatta Eels
Thu 8.50am Sky Sports Action & Sky Sports Arena

LIVE Castleford Tigers v Leeds Rhinos
Thu 7.30pm Sky Sports Main Event & Sky Sports Arena (kick-off 8pm)
The Super League match.

LIVE Sydney Roosters v South Sydney Rabbitohs
Fri 9am Sky Sports Main Event; Sky Sports Arena

LIVE St Helens v Hull FC
Fri 7.30pm Sky Sports Arena (kick-off 8pm)
The Super League encounter.

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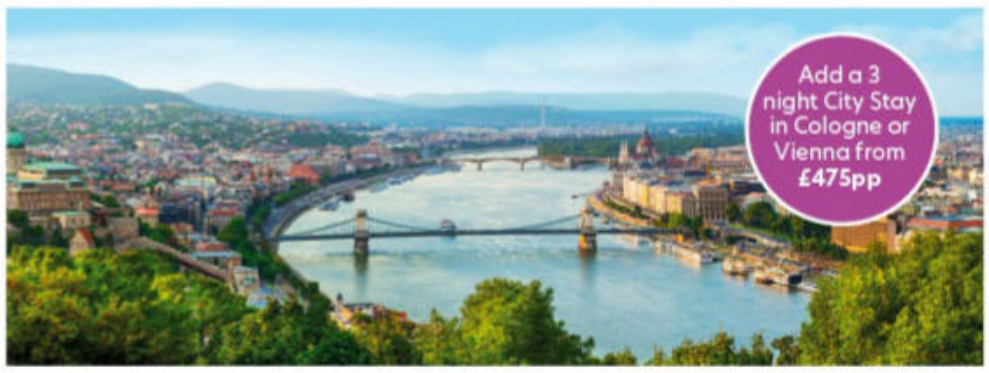

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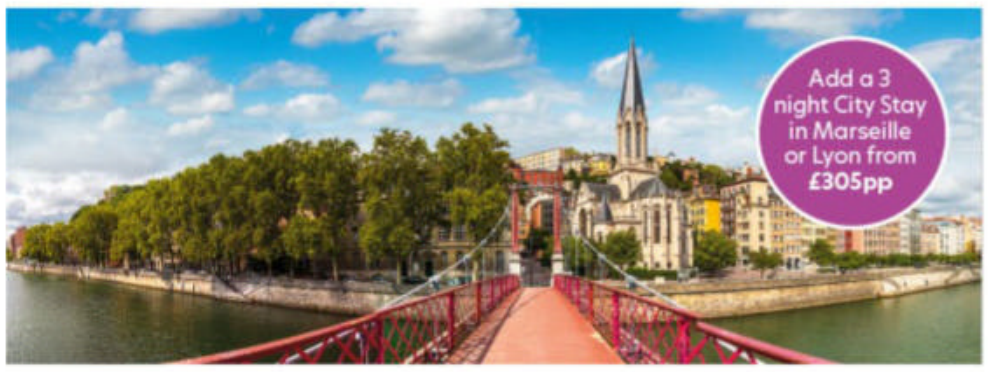
Departures May to October 2023 and April to October 2024



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Departures April to October 2023 and 2024

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RUGBY UNION

LIVE Hurricanes v Blues
Sat 6am Sky Sports Action

LIVE Brumbies v Queensland Reds
Sat 8.30am Sky Sports Action

LIVE Western Force v Moana Pasifika
Sat 10.55am Sky Sports Action

LIVE Italy v Wales
Sat 1.25pm ITV1 & 1.30pm S4C (kick-off 2.15pm)
Coverage of the Six Nations match from Stadio Olimpico. See p29.

LIVE England v France
Sat 4.15pm ITV1 (kick-off 4.45pm)
Coverage of the Six Nations match from Twickenham. See p29.

LIVE Gloucester v Leicester Tigers
Sun 12.30pm BT Sport 1 (kick-off 1pm)
The Premiership match.

LIVE Scotland v Ireland
Sun 2.15pm BBC1 (kick-off 3pm)
Coverage of the Six Nations match from Murrayfield. See p29.

LIVE Hurricanes v NSW Waratahs
Fri 6am Sky Sports Action

LIVE Chiefs v Melbourne Rebels
Fri 3.30am Sky Sports Action

SAILING

LIVE Sail GP
Fri 1am Sky Sports Action

SKIING

LIVE Alpine Skiing
Sat 8.15am, 9.30am, 11am & 12.30pm Euro1; Sun 8.15am & 11.30am Euro1; Wed 9am & 10.30am Euro1; Thu 9am & 10.30am Euro1; Fri 11am Euro1

LIVE Biathlon
Sat 3.25pm Euro1; Sun 2.45pm Euro1; Thu 2.15pm Euro1; Fri 2.20pm Euro2

LIVE Nordic Combined Skiing
Sun 7.50am Euro2 & 12.40pm Euro1

LIVE Cross-Country Skiing
Sun 9am Euro2; Tue 1pm Euro1; Fri 11am & 12.45pm Euro2

LIVE Freestyle Skiing
Fri 8.30am Euro2

SNOOKER

LIVE Six-Red World Championship
Sat 8am Euro2

SQUASH

LIVE PSA Squash
Thu 6.30pm BT Sport 4

TRIATHLON

LIVE Super League Arena Games
Sun 6pm Euro1

WINTER SPORTS

LIVE Ski Jumping
Sat 1.30pm & 5pm Euro1; Sun 10am & 3.45pm Euro1; Mon 3.30pm & 7.30pm Euro1;Tue 3.10pm Euro1; Wed 3.30pm & 6.15pm Euro1; Thu 3.30pm Euro1 & Fri 4pm Euro2

LIVE Snowboarding
Thu 11.30am Euro1

Football planner

Saturday 11

LIVE Central Coast Mariners v Macarthur FC
6am BT Sport 3

LIVE Newcastle Jets v Adelaide United
8.45am BT Sport 3

LIVE Bournemouth v Liverpool
11.30am BT Sport 1 (kick-off 12.30pm)
Coverage of the Premier League encounter at the Vitality Stadium.

LIVE Hearts v Celtic
11.45am Viaplay Sports 1 (kick-off 12.15pm)
The Scottish Cup quarter-final.

LIVE Bristol City v Blackpool
12noon Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)

LIVE Real Madrid v Espanyol
12noon Viaplay Sports 2 (kick-off 1pm)

LIVE Crystal Palace v Manchester City
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
The Premier League encounter from Selhurst Park.

LIVE Notts County v Dorking Wanderers
5pm BT Sport 1 (kick-off 5.20pm)

LIVE Napoli v Atalanta
5.15pm BT Sport 2

LIVE Schalke 04 v Borussia Dortmund
5.20pm Sky Sports Football (kick-off 5.30pm)

LIVE Celta Vigo v Rayo Vallecano
5.25pm Viaplay Sports 1 (kick-off 5.30pm)

LIVE Bologna v Lazio
7.30pm BT Sport 1 (kick-off 7.45pm)

LIVE Valencia v Osasuna
7.30pm Viaplay Sports 1 (kick-off 8pm)

LIVE Brest v Paris Saint-Germain
8pm BT Sport 3 (kick-off 8pm)

LIVE Melbourne Victory v Brisbane Roar
4am BT Sport 2

Sunday 12

LIVE Norwich City v Sunderland
11.30am Sky Sports Football & 1pm Sky Sports Main Event (kick-off 12noon)

LIVE Lecce v Torino
11.30am BT Sport 2 (kick-off 11.30am)

LIVE Clermont v Lens
12noon BT Sport 3 (kick-off 12noon)

LIVE Mallorca v Real Sociedad
12noon Viaplay Sports 2 (kick-off 1pm)

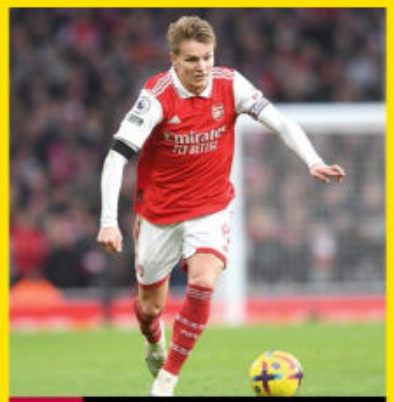
LIVE Chelsea v Manchester United
12.15pm BBC2 (kick-off 12.30pm)
All the action from the WSL clash.

LIVE PREMIER LEAGUE

Crystal Palace v Manchester City

Saturday, kick-off 5.30pm, Sky Sports Main Event & Sky Sports Premier League

Palace boss Patrick Vieira spent the final 18 months of his playing career at City before retiring. With top goalscorer Wilfried Zaha back from injury, the Eagles should have enough to avoid a relegation fight.



LIVE PREMIER LEAGUE

Fulham v Arsenal

Sunday, kick-off 2pm, Sky Sports Main Event & Sky Sports Premier League

Fulham's backline aren't conceding many goals at the moment, but the Cottagers have won just twice in the sides' last 20 meetings. Gabriel and Martin Ødegaard were on the scoresheet in August in a 2-1 win for Arsenal at the Emirates.

LIVE PREMIER LEAGUE

Newcastle United v Wolves

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

After missing out on the EFL Cup, Newcastle will be pushing for a Champions League place. In August's 1-1 draw at Molineux, Allan Saint-Maximin volleyed in a 90th-minute equaliser for the Magpies.

LIVE Rangers v Raith Rovers
12.30pm Viaplay Sports 1 (kick-off 1pm)
The Scottish Cup quarter-final.

LIVE Fulham v Arsenal
1pm Sky Sports Premier League & 2pm Sky Sports Main Event (kick-off 2pm)
Coverage of the Premier League match from Craven Cottage.

LIVE Cremonese v Fiorentina
2pm BT Sport 2 (kick-off 2pm)

LIVE Nantes v Nice
2pm BT Sport 3 (kick-off 2pm)

LIVE Linfield v Coleraine
2.30pm Sky Sports Football (kick-off 3pm)

LIVE Sevilla v Almeria
3pm Viaplay Sports 2 (kick-off 3.15pm)

LIVE Hibernian v Celtic
4pm BBC Alba (kick-off 4.10pm)
Coverage of the SWPL encounter.

LIVE Newcastle United v Wolverhampton Wanderers
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
Coverage of the Premier League match at St James' Park.

LIVE Monaco v Reims
4pm BT Sport 2 (kick-off 4pm)

LIVE Werder Bremen v Bayer Leverkusen
4.20pm Sky Sports Arena (kick-off 4.30pm)

LIVE AS Roma v Sassuolo
5pm BT Sport 1 (kick-off 5pm)

LIVE Villarreal v Real Betis
5.25pm Viaplay Sports 1

LIVE VfL Wolfsburg v Union Berlin
6.20pm Sky Sports Mix (kick-off 6.30pm)

LIVE Arsenal v Reading
6.30pm Sky Sports Football & Sky Showcase; 7.30pm Sky Sports Premier League (kick-off 6.45pm)
Coverage of the WSL match.

LIVE Marseille v Strasbourg
7.30pm BT Sport 2 (kick-off 7.45pm)

LIVE Athletic Bilbao v Barcelona
7.30pm Viaplay Sports 1

LIVE Juventus v Sampdoria
7.45pm BT Sport 1 (kick-off 7.45pm)

LIVE Sporting Lisbon v Boavista
8.30pm BT Sport 4

LIVE Melbourne Victory Women v Melbourne City Women
4.15am BT Sport 2

Monday 13

LIVE Melbourne Victory v Western United
7am BT Sport 2

LIVE Falkirk v Ayr United
7.30pm BBC Scotland (kick-off 7.45pm)
The Scottish Cup quarter-final.

LIVE AC Milan v Salernitana
7.30pm BT Sport 1 (kick-off 7.45pm)

LIVE Girona v Atletico Madrid
7.30pm Viaplay Sports 2

LIVE Crusaders v Cliftonville
7.40pm Sky Sports Football (kick-off 7.45pm)

Tuesday 14

LIVE Manchester City v RB Leipzig
7pm BT Sport 1 (kick-off 8pm)
Champions League last-16 second-leg at the Etihad Stadium. See p29.

LIVE Middlesbrough v Stoke City
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)

LIVE FC Porto v Inter Milan
7.30pm BT Sport 2 (kick-off 8pm)
The Champions League last-16 second-leg at Estadio do Dragao.

LIVE Wigan Athletic v Coventry City
7.40pm Sky Sports Arena (kick-off 7.45pm)

Wednesday 15

LIVE Real Madrid v Liverpool
7pm BT Sport 1 (kick-off 8pm)
Champions League last-16 second-leg at Santiago Bernabeu. See p29.

LIVE Sunderland v Sheffield United
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)

LIVE Napoli v Eintracht Frankfurt
7.30pm BT Sport 2 (kick-off 8pm)
Coverage of the Champions League last-16 second-leg.

LIVE Hull City v Burnley
7.40pm Sky Sports Arena (kick-off 7.45pm)

Thursday 16

LIVE Real Betis v Manchester United
5pm BT Sport 1 (kick-off 5.45pm)
Europa League last-16 second-leg.

LIVE Arsenal v Sporting Lisbon
7.15pm BT Sport 2 (kick-off 8pm)
Europa League last-16 second-leg.

LIVE West Ham United v AEK Larnaca
7.30pm BT Sport 3 (kick-off 8pm)
The Europa Conference League last-16 second-leg .

LIVE Real Sociedad v AS Roma
8.15pm BT Sport 1
Europa League last-16 second-leg.

Friday 17

LIVE Adelaide United v Newcastle Jets
6am BT Sport 1

LIVE Adelaide United v Wellington Phoenix
8.30am BT Sport 1

LIVE Sassuolo v Spezia
5.30pm BT Sport 1 (kick-off 5.30pm)

LIVE Nottingham Forest v Newcastle United
7pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
Coverage of the Premier League match from the City Ground.

LIVE Borussia Mönchengladbach v Werder Bremen
7.20pm Sky Sports Football (kick-off 7.30pm)

LIVE Arbroath v Greenock Morton
7.30pm BBC Scotland (kick-off 7.45pm)

LIVE Atalanta v Empoli
7.30pm BT Sport 1

LIVE Real Valladolid v Athletic Bilbao
7.30pm Viaplay Sports 1

LIVE Lyon v Nantes
8pm BT Sport 2 (kick-off 8pm)

LIVE Melbourne City Women v Sydney FC Women
4am BT Sport 2

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Saturday

11 March

Evening Planner

Horror

Bodies Bodies Bodies
Sky Premiere, 6.25am & 10.50pm
Entertaining slasher starring Amandla Stenberg, in which game of 'murder in the dark' turns into a real nightmare.

Football

Premier League
BT Sport & Sky Sports
Today's live action features Bournemouth v Liverpool (k-o 12.30pm) and Crystal Palace v Manchester City (k-o 5.30pm).

Rugby Union

Six Nations
ITV1, from 1.25pm
Wales travel to Italy (k-o 2.15pm) while England face last year's champions France (k-o 4.45pm) at Twickenham.

Entertainment

Gogglebox: 10 Year Anniversary Special
C4, 9pm
A look back at TV from the past decade to celebrate the show's 10th birthday.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	◂ 6.50 Michael McIntyre's The Wheel	7.50 Pointless Celebrities		8.45 Casualty		9.30 Not Going Out	10.00 News	10.20 Match of the Day
102 BBC2	◂ 6.45 Celebrity Antiques Road...	7.45 Universe		8.45 Dusty at the BBC: Volume 2		9.45 Definitely Dusty		
103 ITV1	7.00 Ant & Dec's Saturday Night Takeaway			8.30 Starstruck		9.40 The Jonathan Ross Show		
104 CHANNEL 4	7.00 Crufts 2023				9.00 Gogglebox: 10 Year Anniversary Special			10.30 Film: Four...
105 CHANNEL 5	7.10 Katharine: The Compassionate...		8.00 Harry Wild Investigates		9.00 Hughie Green: The Rise & Fall of Mr Saturday Night			10.30 Shocking...
106 SKY SHOWCASE	7.00 A League of Their Own Road Trip...		8.00 The Oscars 2023: Who Will Win?		9.00 Film: Promising Young Woman			
ENTERTAINMENT								
115 BBC3		7.20 EastEnders	7.50 Film: The Wedding Planner			9.30 Film: The Beach		
116 BBC4	7.00 Brazil with Michael Palin				9.00 Paris Police 1905			
118 ITV2	◂ 6.30 Film: Shazam!				9.00 Love Island: Unseen Bits		10.05 Kavos Weekender	
136 MORE4	◂ 6.35 Home Greek Home	7.40 Japan's Tsunami: Caught on Camera			9.00 24 Hours in A&E			
135 E4	◂ 6.40 Film: Indiana Jones and the Temple of Doom				9.00 Film: The Inbetweeners Movie			
107 SKY WITNESS	7.00 Border Security: Australia's Front Line		8.00 The Rookie: Feds		9.00 The Rookie		10.00 The Equalizer	
108 SKY ATLANTIC	◂ 6.45 Succession				9.00 Game of Thrones			
110 GOLD	◂ 6.45 Only Fools and Horses				9.00 Chewing Gum			
111 DAVE	◂ 6.40 Would I Lie to You?		8.00 Not Going Out			9.20 Mock the Week	10.00 Not Going Out Live	10.40 QI XL
119 ITV3	7.00 Midsomer Murders							
120 ITV4	7.00 Cycling: Paris-Nice Highlights		8.00 The Grand Fishing Adventure		9.00 English Football League Highlights			
112 COMEDY CENTRAL	◂ 6.20 Film: The Mask of Zorro				9.00 Film: The A-Team			
139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Film: Planet Dune			
113 SKY MAX	7.00 A League of Their Own Road Trip...		8.00 The Oscars 2023: Who Will Win?		9.00 Freddie Fries Again		10.00 Banshee	
132 ALIBI	7.00 Shakespeare & Hathaway: Private Investigators				9.00 Death in Paradise		10.00 Father Brown	
130 SKY ARTS	7.00 The Hollies: Look Through Any Window					9.30 Freddie Mercury: The Tribute Concert		
DOCUMENTARY								
125 DISCOVERY	7.00 Gold Divers				9.00 Gold Rush		10.00 Mystery at Blind Frog Ranch	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Wild Australia		9.00 Wild Mexico		10.00 Alaska Monsters	
129 NAT GEO	7.00 Ultimate Tutankhamun				9.00 Tut's Treasures: Hidden Secrets			
123 SKY HISTORY	7.00 How the Nazis Lost the War				9.00 Westall '66: A Suburban UFO Mystery			10.10 UFO Town
155 YESTERDAY	7.00 Bangers and Cash						10.00 'Allo 'Allo!	
121 SKY DOCS	◂ 6.50 Film: The Beatles: Eight Days a Week – The Touring Years				9.00 Dublin Narcos		10.00 Fatboy Slim: Right Here, Right Now	
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.50 Where the Crawdads Sing		8.00 Elvis					
310 HITS	◂ 5.40 Miss Sloane		8.00 2 Guns				10.00 That Awkward Moment	
304 OSCARS	◂ 5.50 Jurassic Park		8.00 Gladiator					10.40 Jaws
305 ANIMATION	7.05 Pil's Adventures			8.35 Open Season			10.05 Open Season 2	
306 FAMILY	◂ 5.40 Super 8	7.40 Fantastic Beasts: The Secrets of Dumbledore					10.05 Around the World in 80 Days	
307 ACTION	◂ 6.05 Venom: Let There Be Carnage		8.00 Jurassic World: Dominion					10.30 Hellboy
308 COMEDY	◂ 6.15 Zoolander		8.00 Step Brothers				10.00 White Chicks	
309 THRILLER	◂ 5.30 A Time to Kill		8.00 The Fugitive				10.15 Kiss the Girls	
303 WOMEN IN FILM	◂ 6.00 Steel Magnolias		8.00 Notting Hill				10.10 Erin Brockovich	
311 SCI-FI	◂ 6.00 The Forever Purge		8.00 Escape from LA			9.55 Monster Hunter		
302 BEST OF 80S	◂ 6.00 Ghostbusters		8.00 Ghostbusters II				10.00 Pet Sematary	
313 FILM4	◂ 6.55 Maid in Manhattan				9.00 Saving Private Ryan			
315 TCM MOVIES	7.00 The Last Challenge				9.00 Criminal			
SPORT								
401 MAIN EVENT	◂ 5.00 SNF – Live		8.00 The Players Championship Live – Coverage of day three from TPC Sawgrass, Florida.					
402 PREMIER LEAGUE	◂ 5.00 SNF – Live: Crystal Palace v Manchester City (Kick-off 5.30)			8.30 Game of the Day				10.30 PL Highlights
403 FOOTBALL	◂ 5.20 Bundesliga Live	7.30 EFL Highlights						
404 CRICKET	7.00 Talking Cricket		8.00 Pakistan Super League		9.00 WPL		10.00 Pakistan Super League	
413 BT SPORT 1	◂ 5.00 Vanarama...	7.30 Serie A – Live: Bologna v Lazio (Kick-off 7.45)				9.45 WWE Friday Night SmackDown		
414 BT SPORT 2	7.00 Test Cricket Highlights		8.00 Hockey		9.00 UFC – Live: Coverage of the preliminary bouts for UFC Fight Night 221			

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Live** New edition With Sara Cox. (S)
11.30 **Nadiya's Everyday Baking** (S)(R)
12.00 NOON **Football Focus** (S)
1.00 PM **BBC News** (S)
1.15 **Six Nations Sin Bin** New edition 4/5. With Anton Du Beke, Ellie Simmonds and Jason Byrne. (S)
1.45 **Bargain Hunt** (S)(R)(AD)
2.30 **Money for Nothing** An old street light, a 1970s sofa and a set of moth-eaten blankets. (S)(R)
3.30 **Escape to the Country** (S)(R)(AD)
4.30 **Final Score** Results round-up. (S)
5.15 **BBC News** (S)
5.30 **Local News** (S)
5.35 **Celebrity Mastermind** New edition 9/14. With Jayne Middlemiss, Neil Delamere, Harpreet Kaur and Amar Latif. (S)

6.05 Celebrity Bridge of Lies

6 PM

6.05 **Celebrity Bridge of Lies** New edition 6/8. Game show hosted by Ross Kemp, with Debbie McGee, Katie McGlynn and Rhys Stephenson. (S)

6.50 **Michael McIntyre's The Wheel** New edition 7/12. With Sam Quek, Stephen Mangan, Nihal Arthanayake, Charlotte Church, Kate Humble, Rosie Ramsey and Keith Brymer Jones. (S)

7 PM

7.50 **Pointless Celebrities** New edition With Rosie Holt, Nabil Abdulrashid, Shaparak Khorsandi, Mark Steel, Lou Sanders, Luke McQueen, Amy Gledhill and Chris Cantrill. (S)

8 PM

8.45 **Casualty** *Falling Down:* Robyn decides to stand up to Jacob, while Marty and David struggle to put patient-care first. (S)(AD)

9 PM

9.30 **Not Going Out** 1/7. Toby organises a sponsored parachute jump to raise money for his hospital. (S10) (S)(R)

10 PM

10.00 **BBC News** (S)
10.20 **Match of the Day** Highlights of the latest Premier League matches, including Crystal Palace v Manchester City and Bournemouth v Liverpool. (S)
■ *Match of the Day 2* is tomorrow at 10.30pm
11.40 FILM **At Any Price** Drama starring Dennis Quaid and Zac Efron. A farmer and his rebellious race driver son are forced to pull together as the family business comes under a series of threats. (S) (2012, 18, 100min) ★★★
1.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Children's Programmes**
9.00 **Blue Peter** (S)(R)
9.30 **Deadly Pole to Pole** (S)(R)(AD)
10.00 **Life in the Air** (S)(R)(AD)
11.00 **Sort Your Life Out with Stacey Solomon** Documentary. (S)(R)
12.00 NOON **Rick Stein's Cornwall** (S)(R)
12.30 PM **Celebrity Best Home Cook** (R)
1.30 FILM **The Ipcress File** Vintage spy thriller starring Michael Caine as intelligence agent Harry Palmer. (S) (1965, PG, 105min) ★★★★★
3.15 **Michael Caine: Talking Pictures** Profile of the acting legend. (S)(R)
4.05 FILM **Funeral in Berlin** Espionage thriller sequel starring Michael Caine. Agent Harry Palmer travels to Berlin to set up the defection of a top-ranking Russian officer. (S) (1966, PG, 100min) ★★★
5.45 **Flog It!** From Hereford. (S)(R)

8.45 Dusty at the BBC: Volume 2

6.45 **Celebrity Antiques Road Trip** Choirmaster Gareth Malone and saxophonist YolanDa Brown search for items in Edinburgh and Fife with experts David Harper and Raj Bisram on hand to advise. (S)(R)
7.45 **Universe** 4/5. Professor Brian Cox explores a supermassive black hole – a monster that can destroy worlds and stop time, which is forcing humans to reassess our understanding of reality. (S)(R)(AD)
8.45 NEW **Dusty at the BBC: Volume 2** Archive appearances on the BBC by Dusty Springfield, including performances of *You Don't Have to Say You Love Me*, *Son of a Preacher Man* and *The Look of Love*. (S)
9.45 **Definitely Dusty** Members of Dusty Springfield's inner circle of friends highlight the woman behind the pop diva persona. With contributions from Tom Jones, Elton John and Neil Tennant. (S)(R)
10.45 NEW **Dusty Springfield at the Royal Albert Hall** A 1979 concert by the pop singer at the London venue. (S)
11.40 **Dusty at the BBC** A tribute to the singer, featuring footage of some of her most famous performances from 1961 to 1995. (S)(R)
12.40 AM **Becoming Frida Kahlo** (S)(R)
1.45 **Dave** 7/10. Emma's laptop is stolen from her car. (S1) (S)(R)(AD)
2.05 FILM **A White, White Day** Thriller starring Ingvar Sigurdsson and Ída Mekkín Hlynsdóttir. Subtitled. (2019, 15, 105min) ★★★★
3.50 **to 6.35** AM **Previews** (S)

ITV1

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **CITV**
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With country-pop duo Ward Thomas. (S)
11.45 **Ainsley's Fantastic Flavours** New edition Recipes featuring floral flavours, including chicken kebabs with saffron. (S)
12.45 PM **James Martin's French Adventure** (S)(R)(AD)
1.10 **ITV News** (S)
1.25 LIVE **Rugby Union: Six Nations** Italy v Wales: Coverage of both teams' fourth match of the championship, held at Stadio Olimpico. Kick-off is at 2.15. (S)
4.15 LIVE **Rugby Union: Six Nations** England v France: Coverage from the match, staged at Twickenham. Kick-off is at 4.45. (S)

8.30 Starstruck

LIVE Rugby Union: Six Nations (started at 4.15pm)

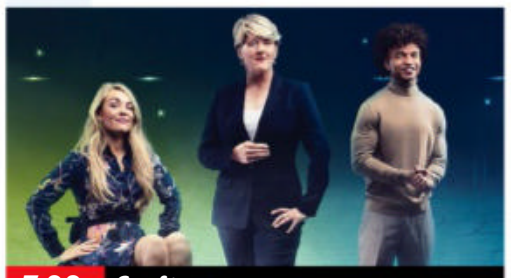
7.00 **Ant & Dec's Saturday Night Takeaway** New edition Daisy May Cooper is the Star Guest Announcer, Claudia Winkleman stars in the first *I'm a Celebrity Get Out of Me Ear* of the series and there is another episode of *Murder at Bigwig Manor*. (S)
8.30 **Starstruck** New edition Olly Murs hosts as four more teams of superfans are transformed into their music idols before stepping onto the stage to sing one of their biggest hits. (S)
9.40 **The Jonathan Ross Show** New edition Jonathan is joined by *Love Island* presenter Maya Jama, *Great British Bake Off* judge Dame Prue Leith and comedian James Acaster. Plus, One Direction star Niall Horan performs his new single. (S)
10.40 **ITV News** (S)
10.55 **Bradley & Barney Walsh: Breaking Dad** 3/6. The pair continue their European adventure in Poland, where they attend an exclusive performance. (S)(R)(AD)
11.25 **English Football League Highlights** Action from the latest fixtures, including Sheffield United v Luton Town and Burnley v Wigan Athletic in the Championship. (S)
1.25 AM **Shop: Ideal World**
3.00 **Unwind with ITV** (S)
4.15 **to 6.00** AM **Love Your Weekend with Alan Titchmarsh** (S)(SL)(R)

+1 hour | 203 | 114 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **3rd Rock from the Sun** 15&16/20. (S6) (S)(R)(AD)
7.00 **The King of Queens** Double bill. 23&24/25. (S4) (S)(R)(AD)
7.50 **The Simpsons** Seven episodes of the animated comedy. (S)(R)(AD)
11.20 **Four in a Bed** Five editions. (S)(R)
1.55 PM **The Supervet: Puppy Special** A look back at memorable cases, including a four-month-old West Highland terrier born without back feet, and a bulldog puppy with a serious elbow fracture. (S)(R)(AD)
3.00 **Crufts** New edition Clare Balding and Sophie Morgan present coverage of the event from the NEC in Birmingham, including the semi-finals of the Flyball competition and the Young Kennel Club Agility course. (S)
■ Coverage continues at 7.00pm



7.00 Crufts

6.00 **The Dog House** Compilation of highlights from Woodgreen animal charity, including a couple having to choose between a French bulldog and a terrier. (S)(R)(AD)
6.45 **News** (S)
7.00 **Crufts** New edition Clare Balding presents coverage of the Terrier and Hound groups, while Scruffts gives crossbred dogs their chance to shine in categories including Most Handsome Dog Crossbreed and the Good Citizen Dog Scheme. Plus, coverage of the International Freestyle Heelwork to Music competition and the final film in the Kennel Club's Hero Dog series. (S)
■ Continues tomorrow at 3.30pm
9.00 NEW **Gogglebox: 10 Year Anniversary Special** Highlights from the first 10 years of the show, looking back at how a nation survived lockdowns, a revolving door of prime ministers – and Ed Balls dancing to *Gangnam Style* on *Strictly Come Dancing*. (S)(AD)
10.30 FILM **Four Weddings and a Funeral** Romantic comedy starring Hugh Grant. An inveterate wedding-goer who fights shy of tying the knot himself becomes smitten with a beautiful and elusive American. (S)(AD) (1994, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM FILM **Saturday Night Fever** Drama starring John Travolta. (S) (1977, 18, 120min) ★★★★
2.45 **Hollyoaks Omnibus** (S)(SL)(R)(AD)
4.50 **Location, Location, Location** (R)
5.45 **to 6.10** AM **Jamie: Keep Cooking and Carry On** (S)(SL)(R)

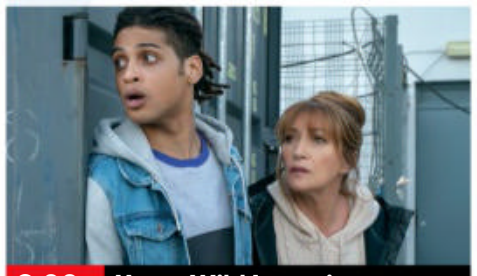
+1 hour | 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.30 AM **Milkshake!**
10.00 **The Smurfs** New episode (S)
10.10 **SpongeBob SquarePants** (R)
10.25 **Entertainment News** (S)
10.35 **Friends** 16-19/25. (S6) (S)(R)
12.25 PM **FILM PREMIERE Olivia Newton-John: Hopelessly Devoted to You** Biopic of the actor, starring Delta Goodrem. (S) (2018, PG, 130min) ★★
2.35 **FILM Grease 2** Musical sequel starring Maxwell Caulfield and Michelle Pfeiffer. A student joins a new school and falls in love. (S) (1982, PG, 140min) ★★
4.55 **FILM Calendar Girls** Fact-based comedy starring Helen Mirren and Julie Walters. Two friends hit upon an unusual fund-raising venture. (S) (2003, 12, 125min) ★★★★



8.00 Harry Wild Investigates

FILM Calendar Girls (film started at 4.55pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

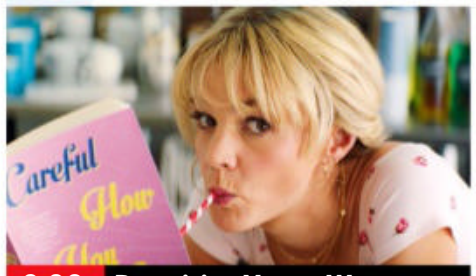
7.05 **News** (S)
7.10 **Katharine: The Compassionate Duchess** A look at the life of the Duchess of Kent, revealing how she has successfully done things her own way. (R)
8.00 **Harry Wild Investigates** New episode *Mincemeat:* 3/8. A body is pulled out of the river near Harry's local pub, and something about the dead man feels familiar to the sleuth. (S1) (S)
9.00 **NEW Hughie Green: The Rise & Fall of Mr Saturday Night** The story of one of the UK's most controversial, successful and ruthless TV personalities, from his early days as a child star, to his hosting of talent show *Opportunity Knocks*. (S)
10.30 **Shocking Truth About Talent Shows** A look at incredible moments from talent shows, from *Pop Idol* to *The X Factor*, and *Strictly Come Dancing* to *Dancing on Ice*. (S)(R)
1.15 AM **Entertainment News** (S)
1.25 **LeoVegas Live Casino Show**
3.25 **World's Cutest Ever Baby Animals** The lives of baby animals as they grow up. (S)(R)
4.10 **Paddington Station 24/7** Double bill of editions. (S)(R)
5.35 **to 6.00** AM **Nick's Quest** (R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **Dogs with Extraordinary Jobs** Triple bill. (S)(R)(AD)
9.00 **The Fresh Prince of Bel Air** (R)
10.30 **Soccer AM** Football magazine.
12.00 NOON **The Simpsons** Six episodes, including at:
1.00 PM *Lisa the Skeptic:* Lisa uncovers an unusual fossil. (R)
1.30 *Realty Bites:* Marge takes a job as an estate agent. (S)(R)
2.00 *All Singing, All Dancing:* Musical highlights. (S)(R)
2.30 *Bart Carny:* A carnival worker and his son move in with the Simpsons. (S)(R)
3.00 **Gillette Labs Soccer Saturday** This afternoon's matches.
5.00 **Al Murray: Why Does Everyone Hate the English?** Taking a look at England's relationship with Germany. (R)



9.00 Promising Young Woman

6.00 **Strangest Things** A look at perplexing and unusual objects. This edition focuses on a lost language, a beauty machine and something called the Disk of Strangeness. (R)
7.00 **A League of Their Own Road Trip: Southeast Asia** 4/6. Jamie Redknapp and Micah Richards are joined by Alan Carr, Joel Dommett and Emily Atack for the next leg of their road trip. (R)
8.00 **The Oscars: Who Will Win?** Alex Zane assembles a panel to predict the winners in the major categories. (R)
■ *The Oscars* can be seen tomorrow at 12.00m't
9.00 **FILM Promising Young Woman** Oscar-winning crime thriller starring Carey Mulligan and Alison Brie. A medical-school dropout traumatised by a tragic event in her past seeks vengeance against those who crossed her path. With Bo Burnham and Jennifer Coolidge. (S)(R)(AD) (2020, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.05 **Dublin Narcos** 2/3. Charting the rise in drug addiction and organised crime in Dublin. (R)
12.05 AM **Fantasy Football League** With guests Russell Howard and Jaime Winstone. (R)
12.40 **Funny Woman** 5/6. Barbara is suspended. (S1) (S)(R)
1.40 **Brassic** 4/6. (S2) (S)(R)(AD)
2.35 **Hawaii Five-0** 13/24. (S3) (R)
3.30 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
4.30-5.20pm Sportscene Results (S) **11.40** Sportscene: Scottish Cup Highlights (S)(R) **12.25am** Breaking 100 Years of the News (S)(R) **1.10** **FILM** At Any Price (S) (2012, 18, 100min) ★★★ **2.50** Weather for the Week Ahead (S) **2.55-6.00am** BBC News (S)

N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
No variations

WALES
Sky **952**, Virgin **864**, Freesat **964**
11.30am-12.00noon Six Nations Sin Bin (S)(R) **1.15pm** Food Fest Wales (S)(R) **1.45** Truckers: Life on the Road (S)(R) **2.15** Bargain Hunt (S)(R)(AD) **3.00** Escape to the Country New edition (S)(AD) **4.00-4.30pm** Question of Sport New edition (S)

BBC2

N. IRELAND
Sky **972**, Freesat **969**
6.45pm Food Fest Northern Ireland (S)(R) **7.15-7.45pm** B&B by the Sea (S)(R)

WALES
Sky **971**, Freesat **971**
6.45-7.45pm How to Fix a Railway (S)(R)

ITV1

As main ITV1 except:
No variations

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Ty am Ddim **11.00** Cwpwrdd Epic Chris **11.30** Cefn Gwlad (AD) **12.30pm** Stori'r Iaith: Sean Fletcher **1.30** **LIVE** Clwb Rygbi Rhyngwladol **4.45** Bois y Pizza: Chwe' Gwlad (AD) **5.15** Bwrdd i Dri **5.45** Teulu'r Castell **6.45** Pen/Campwyr **7.15** Newyddion a Chwaraeon **7.30** Am Dro! (AD) **8.30** Noson Lawen New edition **9.30** Jonathan **10.30** Yn Y Lwp **11.00-11.35pm** Hyd y Pwrs (AD)

BBC3

115/117/141 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **My Mate's a Bad Date** A relationship expert helps seven disastrous daters.
7.20 **EastEnders** Zack and Whitney say an emotional goodbye to their daughter.
7.50 **FILM The Wedding Planner** Romantic comedy starring Jennifer Lopez and Matthew McConaughey. A wedding organiser falls in love with her latest client's groom-to-be. (2001, PG, 103min) ★★★
9.30 **FILM The Beach** Exotic drama starring Leonardo DiCaprio. An American backpacker in Thailand discovers a beach community on a secret island. With Tilda Swinton. (2000, 15, 118min) ★★★
11.20 **The Pig Butchering Romance Scam** A fraud encouraging its victims to invest in bogus cryptocurrency platforms.
12.10 AM **The Instagram Effect**
1.10 **Go Hard or Go Home**
3.10 **to 3.55** AM **Tonight with Target**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Brazil with Michael Palin** 3/4. Michael visits a 'love hotel' in Rio de Janeiro. **8.00** 4/4. The *Monty Python* star finds a rich diversity of people in the Brazilian south.
9.00 **Paris Police 1905** New episodes 3/6. French crime drama starring Jérémie Laheurte. Jouin finally identifies the body found in the park. **9.55** 4/6. Louise Lépine finds an unlikely ally in her attempts to persuade her father to postpone his retirement, and Fiersi talks to one of the maids at Château de Bagatelle. Subtitled. (S1)
■ Entire series on BBC iPlayer
10.50 **A Bit of Fry and Laurie** 6/6. A 94-year-old man realises what he has been missing out on his whole life.
11.20 **As Time Goes By** Jean pays Lionel a surprise visit.
11.50 **Louis Theroux Interviews – Dame Judi Dench** Louis meets the actor.
12.35 **to 3.30** AM **The Capture**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.20 **A Place in the Sun**
12.15 PM **Location, Location, Location** From London.
1.20 **Come Dine with Me**
4.00 **Four in a Bed** Grove Barn B&B in Denton, Norfolk. **4.30** From Picaroons in Sheringham, Norfolk. **5.00** At Brightham House in Malborough, Devon. **5.35** From Moran's B&B in Westward Ho!, Devon. **6.05** The B&B owners meet for the last time.
6.35 **Home Greek Home** 2/6. Sarah's build is put under pressure ahead of the tourist season.
7.40 **Japan's Tsunami: Caught on Camera** Amateur footage and eyewitness accounts.
9.00 **24 Hours in A&E** An 89-year-old man is admitted with acute abdominal pain, and a 10-year-old is brought in after falling out of a tree. **10.00** A motorcyclist is airlifted to St George's after crashing into a bus, and a seven-year-old arrives with his dad after cutting his wrist.
11.05 **8 Out of 10 Cats Does Countdown** Double bill of the words and numbers quiz hosted by Jimmy Carr.
1.15 AM **24 Hours in A&E**
3.25 **to 3.50** AM **A Place in the Sun**

+1 hour 236 | 196 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Supernanny USA**
6.50 **Lego Masters Australia**
8.30 **Ramsay's Kitchen Nightmares USA**
9.30 **Married at First Sight Australia** Dating show.
1.05 PM **FILM Ferdinand** Animated comedy. (2017, U, 102min) ★★★
3.10 **Modern Family** (S2)
5.40 **The Big Bang Theory** 12/24. Penny makes an important decision. **6.10** 13/24. Sheldon is forced to take a holiday. (S7)
6.40 **FILM Indiana Jones and the Temple of Doom** Action adventure starring Harrison Ford. Indiana Jones escapes from a Shanghai gang boss to the Himalayas, in the company of a brassy American showgirl and a Chinese orphan. (1984, PG, 118min) ★★★
9.00 **FILM The Inbetweeners Movie** Spin-off from the TV comedy starring Simon Bird, James Buckley, Blake Harrison and Joe Thomas. Will, Jay, Neil and Simon head off on a lads' holiday to Crete. With Emily Head. (2011, 15, 97min) ★★★★
11.00 **Celebrity Gogglebox** Opinions on *Clarkson's Farm* and *Snakes on a Plane*.
12.05 AM **Gogglebox**
2.15 **First Dates** Double bill.
4.05 **to 6.00** AM **The Big Bang Theory**

+1 hour 235 | 146 | 30 | 123

SATURDAY Entertainment

Saturday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **UK Border Force**
12.00 NOON **The Force: Manchester** The work of Greater Manchester Police.
1.00 PM **Caught on Dashcam** Road disasters captured on video by dashboard cameras.
2.00 **Nothing to Declare** Ten editions of the documentary following the work of customs and immigration officers at Australia's biggest airports.

8.00 The Rookie: Feds

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **The Rookie: Feds** *Felicia:* 5/22. Elena's fashion splurge cracks open an unsolved murder mystery. (S1)

9 PM

9.00 **The Rookie** *The Reckoning:* 6/17. Nolan and Celina investigate a cash deposit linked to an old DEA case. (S5)

10 PM

10.00 **The Equalizer** *Better Off Dead:* 3/10. A widow believes her husband is trying to kill her from beyond the grave. (S3)
11.00 **Blue Bloods** 1/16. Erin gets a surprising offer. (S13)
12.00 M'T **Law & Order: Special Victims Unit** 9/22. (S23)
1.00 AM **Elementary** 9/13. (S7)
2.00 **Coroner** 5/10. (S3)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 163

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Urban Secrets**
8.00 **Richard E Grant's Hotel Secrets** From Miami.
9.00 **The Sopranos** 18-21/21. (S6)
1.20 PM **The Affair** 1/10. (S1)
2.25 **Ray Donovan** 1/10. (S7)
3.25 **Succession** 1/10. Magnate Logan Roy shocks his family. **4.35** 2/10. Greg is tasked to retrieve some important items from the Roy apartment. **5.40** 3/10. The Roy family confront a series of crises. **6.45** 4/10. The family attend an annual company gala. (S1)

9.00 Game of Thrones

7.55 **Succession** / *Went To Market:* 5/10. Kendall begins to plot a vote of no confidence, while Tom questions his prenup and recruits Greg. (S1)

9.00 **Game of Thrones** *Kill the Boy:* 5/10. Jon enlists the help of an ally, and Daenerys makes a tough decision in Mereen. (S5)

10.05 **Game of Thrones** *Unbowed, Unbent, Unbroken:* 6/10. Arya trains at the House of Black and White. (S5)
11.10 **Game of Thrones** Triple bill of episodes, including at: **1.25** AM 9/10. Daenerys hosts a celebration. (S5)
2.30 **The Gilded Age** 2/9. (S1)
3.35 **In Treatment** 5/24. (S4)
4.05 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **Supergirl** (S4&5)
9.00 **Fringe** 12-15/21. (S1)
1.00 PM **Fringe** 16/21. Olivia and Peter track down a genetically modified animal. (S1)
2.00 **Hawaii Five-0** 9/24. With guest star Behati Prinsloo. **3.00** 10/24. Adam introduces Kono to his brother Michael. **4.00** 11/24. With guest star George Takei. (S3)
5.00 **Agatha Raisin** *There Goes the Bride:* 4/4. A body is found on the morning of James's wedding. (S4)

10.00 Banshee

7.00 **A League of Their Own Road Trip: Southeast Asia** 4/6. Alan Carr, Joel Dommett and Emily Atack join Jamie and Micah.

8.00 **The Oscars: Who Will Win?** Alex Zane and a panel of movie experts and passionate film fans make their predictions..

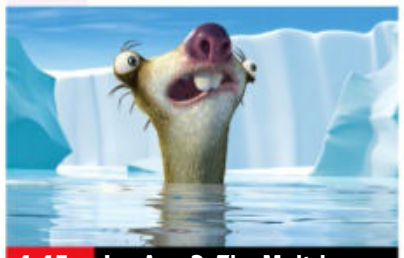
9.00 **Freddie Fries Again** 6/6. Andrew Flintoff and Rob Penn's second tour concludes in Ireland.

10.00 **Banshee** *Only One Way a Dog Fight Ends:* 6/8. Hood and Veronica get a lead, while Maggie makes a big decision. (S4)
11.00 **Fantasy Football League** With guests Russell Howard and Jaime Winstone.
11.35 **Funny Woman** 5/6. (S1)
12.35 AM **Road Wars**
1.00 **Brassic** 4/6. (S2)
2.00 **Air Ambulance ER**
4.00 **Hawaii Five-0** 13/28. (S3)
5.00 **to 6.00** AM **Air Ambulance ER**

ITV2

118 118 816 | 115 | 6 | 113

6.00 AM **Unwind with ITV**
6.30 **Coronation Street Omnibus**
9.15 **Dress to Impress**
11.20 **Australian Ninja Warrior**
12.55 PM **FILM Smurfs: The Lost Village** Animated adventure with the voice of Demi Lovato. (2017, U, 87min) ★★★
2.40 **FILM Step Up 2 the Streets** Drama starring Briana Evigan. (2008, PG, 97min) ★★
4.45 **FILM Ice Age 2: The Meltdown** Animated sequel with the voice of Ray Romano. (2006, U, 90min) ★★


4.45 Ice Age 2: The Meltdown

6.30 **FILM Shazam!** Comedy adventure starring Zachary Levi. A youngster is chosen by an ancient wizard as his new champion, and receives various superpowers. (2019, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: Unseen Bits** New edition Catching up on all of the action from an explosive final week in the villa.

10.05 **Kavos Weekender** 10/10. David makes sure the season goes out with a bang as he leads an epic boat party.
11.05 **Family Guy** 1/20. Stewie and Brian form a band. (S15) **11.30** 15/20. Peter turns the attic into a man cave. (S14)
12.00 M'T **American Dad!** (S4&3)
1.00 AM **The Emily Atack Show**
1.45 **Buffering** (S2)
2.15 **to 3.00** AM **All American**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **On the Buses**
7.10 **FILM Mutiny on the Buses** Comedy. (1972, PG) ★
8.50 **Rosemary & Thyme**
10.50 **Midsomer Murders** *Ring Out Your Dead:* A murderer strikes a team of bell-ringers. **12.55** PM *Murder on St Malley's Day:* A public schoolboy is murdered. **2.55** *Painted in Blood:* Joyce finds the body of an artist. **5.00** *A Tale of Two Hamlets:* An actor's death exposes a centuries-old feud.

5.00 Midsomer Murders

7.00 **Midsomer Murders** *A Talent for Life:* The bodies of a glamorous senior citizen and a distinguished doctor are found beside a river, but then the prime suspect is also discovered dead.

9.00 **Midsomer Murders** *The Electric Vendetta:* A series of mutilated corpses turn up in the middle of crop circles, leading DCI Barnaby to question his customary down-to-earth approach.

11.05 **Lewis** *Wild Justice:* The detective investigates when an American female bishop visiting St Gerard's College dies after drinking poisoned wine. Guest stars Sian Phillips.
1.05 AM **Man About the House**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **The Edit** New edition
7.30 **Sportscene: Scottish Cup Highlights** Amy Irons hosts action from the quarter-finals.
8.15 **Rewind 2000s** 10/10. TV programmes, music and news from 2009.
8.30 **City Lights** 1/6. First episode of the comedy with Gerard Kelly. (S1)
9.00 **Ooh the Banter** Presenting a celebration of Scottish comedy.
10.00 **The Stanley Baxter Show** Sketches with the veteran entertainer.
10.30 **Best of Only an Excuse?** 1/4. A selection of sketches.
11.00 **Best of Chewin' the Fat** 2/10. Highlights of the comedy series. (S1)
11.30 PM **to 12.00** M'T **Burnistoun Tunes In**

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Modern Family**
9.00 **Fresh Prince of Bel Air**
11.30 **Pen15** 1-3/15. (S2)
1.30 PM **Will & Grace** (S3)
4.00 **Futurama** (S1&2)
6.30 **The Office (US)** Five episodes, including at: **7.30** 11/28. Phyllis organises a Moroccan-themed Christmas party. **8.00** 12/28. Andy challenges Dwight. **8.30** 13/28. Michael and Dwight infiltrate a paper company. (S5)
9.00 **Curb Your Enthusiasm** 10/10. Larry alienates an influential critic. (S3) **9.35** 1/10. Mel Brooks asks Larry to star in his Broadway hit *The Producers*. (S4)
10.15 **Saturday Night Live**
11.30 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
12.30 AM **Run** 1&2/7. (S1)
1.40 **Code 404** 4/6. (S3)
2.10 **Silicon Valley** (S5&6)
4.00 **to 5.00** AM **Entourage**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Discovering: Frank Sinatra**
7.00 **Discovering: Dean Martin**
8.00 **Tales of the Unexpected**
11.00 **Hitchcock Presents**
1.00 PM **Classic Albums**
2.00 **Best of Landscape Artist of the Year**
3.00 **I Am Johnny Cash**
4.45 **Genesis: Last Domino?**
6.00 **Guy Garvey: From the Vaults**
7.00 **The Hollies: Look Through Any Window**
9.30 **Freddie Mercury: The Tribute Concert**
11.20 **Queen & Adam Lambert: The Show Must Go On**
1.05 AM **Download Festival Reloaded**
3.00 **Eliza Shaddad: Celebration of Live**
4.00 **The Great Songwriters**
5.00 **Music Icons: Soft Rock**
5.30 **to 6.00** AM **Video Killed the Radio Star**

Pick

151 | 135 | 36 | 144

6.00 AM **Nothing to Declare**
11.00 **Stop, Search, Seize**
12.00 NOON **Highway Cops**
1.00 PM **Motorway Patrol**
2.00 **Baby Animals**
3.00 **Wild Birds of Australia**
4.00 **Caught in Motion**
5.00 **Orangutan Jungle School** Documentary.
6.00 **Road Wars** Double bill.
8.00 **The Force: Manchester** A traffic cop gets more than he bargained for.
9.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
10.00 **World's Most Evil Killers** The story of Colorado killer Arthur Shawcross.
11.00 **Mark of a Serial Killer**
12.00 M'T **Dan Brown's The Lost Symbol** 7/10. (S1)
1.00 AM **The Force: North East** Documentary.
2.00 **Border Security: America's Front Line**
4.00 **to 6.00** AM **Highway Patrol**

Comedy Central

112/113 | 132 | 345 360

8.00 AM **Friends** (S3&4)
12.25 PM **FILM Little** Comedy. (2019, 12, 109min) ★★
2.30 **FILM Fool's Gold** Romantic adventure. (2008, 12, 107min) ★
4.40 **FILM Police Academy 5: Assignment Miami Beach** Comedy sequel. (1988, PG, 90min) ★
6.20 **FILM The Mask of Zorro** Adventure with Antonio Banderas. (1998, PG, 137min) ★★★★
9.00 **FILM The A-Team** Action thriller starring Liam Neeson, Bradley Cooper and Jessica Biel. (2010, 12, 117min) ★★
11.20 **FILM Jackass Presents: Bad Grandpa** Comedy. (2013, 15, 92min) ★★★
1.10 AM **Most Ridiculous – Tiny Terrors**
1.40 **Most Ridiculous – On the Job** Comical clips.
2.10 **South Park** (S2)
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 | 119 | 28 | 119

7.00 AM **Little Women: LA**
8.00 **Making It Home with Kortney & Kenny**
9.00 **LittleBe**
12.00 NOON **Be Beautiful**
12.10 PM **Great Chocolate Showdown** Double bill.
2.00 **Real Housewives of Atlanta** Reality series.
3.05 **Real Housewives of Cheshire** Six editions of the series, including at: **7.00** Katie introduces Hanna to a new friend. **8.00** A game of golf results in high drama.
9.00 **Botched** After saving Luci's life, Paul is given the go-ahead to finally fix her nose. **10.00** An ex-*Playboy* model wants to take a second chance at fixing her neck and nose.
11.00 **Totally Unbelievable: Celebrity Homes**
12.00 M'T **Vanderpump Rules**
12.55 **to 1.00** AM **Unwind with ITV**

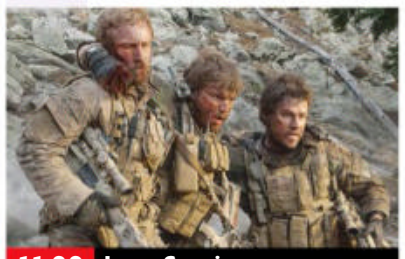
+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Grand Slam Years: Wales 2019** Wales' triumph.
7.20 **Hornblower**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.35 **Junk and Disorderly**
12.35 PM **Made in Britain**
1.10 LIVE **Racing: Sandown** Coverage of the day's races.
4.00 LIVE **Extreme E** Coverage of race one of the Desert X-Prix.
6.00 **Made in Britain**


11.00 Lone Survivor

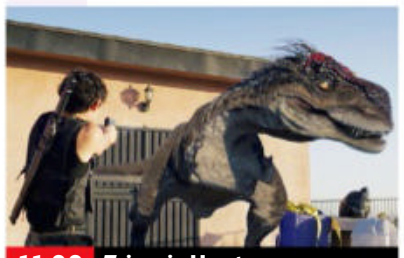
7.00 **Cycling: Paris-Nice Highlights** Action from stage seven, a 142.9km route from Nice to Col de la Couillole.
8.00 **The Grand Fishing Adventure** Ali and Bobby try to catch a monster shark over 400lbs off the north Devon coast.
9.00 **English Football League Highlights** Action from the latest fixtures, including Sheffield United v Luton Town at Bramall Lane, and Burnley v Wigan Athletic at Turf Moor in the Championship.
11.00 FILM **Lone Survivor** Fact-based war drama starring Mark Wahlberg. Four soldiers embark on a mission to eliminate a terrorist leader. (2013, 15, 116min) ★★★★
1.35 AM **Minder** Comedy drama.
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Most Haunted US**
8.00 **Teleshopping**
11.00 **The Outpost** Five episodes of the series, including at: **2.00** PM 8/13. Talon and Luna fight against the gods but not all goes as planned. **3.00** 9/13. Janzo solves the riddle of an old relic. (S4)
4.00 **Stargate SG-1** 11/22. Carter suddenly goes missing. **5.00** 12/22. O'Neill becomes an adviser on a TV series. **6.00** 13/22. A cadet team are needed for a mission. (S5)


11.00 Triassic Hunt

7.00 **Stargate SG-1** *48 Hours:* 14/22. The team race to Russia for help when Teal'c fails to emerge from the Stargate.
8.00 **Stargate SG-1** *Summit:* 16/22. Part one of two. Jackson is recruited by the Tok'ra to infiltrate a secret meeting.
9.00 FILM **Planet Dune** Sci-fi adventure, starring Sean Young, Emily Killian and Tammy Klein. A rescue mission on a desert planet turns deadly when the crew is hunted by giant sand worms. (2021, 12, 80min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 FILM **Triassic Hunt** Action adventure starring Michael Paré and Linnea Quigley. (2021, 15, 86min) ★★
1.00 AM **Room 104** 10&11/12. Double bill of the series. (S1)
2.00 **Star Trek: Deep Space Nine**
4.00 **to 6.00** AM **Most Haunted US**

+1 hour 229

Alibi

109/110 809 126 343 358

7.10 AM **Murdoch Mysteries**
9.55 **WPC 56** Double bill.
11.55 **Inspector Alleyn Mysteries**
2.00 PM **Father Brown** Four episodes, including at: **4.00** *The Owl of Minerva*: A surprising fugitive takes sanctuary in St Mary's. **5.00** *The Mask of the Demon*: The priest investigates the murder of a B-movie director.
6.00 **The Mallorca Files** *Death in the Morning*: 8/10. Max and Miranda investigate the murder of a British author. (S1)

9.00 Death in Paradise

7.00 **Shakespeare & Hathaway: Private Investigators** 1/10. A pampered dog runs away from a life of luxury.
8.00 **Shakespeare & Hathaway: Private Investigators** 2/10. A role-playing battle in the woods goes wrong. (S2)
9.00 **Death in Paradise** *A Dash of Sunshine:* 6/8. Poole investigates the death of a strangled English tourist. (S2)
10.00 **Father Brown** *The Paradise of Thieves:* Father Brown investigates when a man is found dead inside a bank vault.
11.00 **Father Brown** *The Deadly Seal*: The priest is put in a difficult situation when he is told about an assassination plot during a confession.
12.00 M'T **Father Brown**
1.00 AM **Annika** 4/6. (S1)
2.05 **to 4.00** AM **WPC 56**

+1 hour 209/210 191

GOLD

110/111 110/111 124 344 359

7.15 AM **The Green Green Grass**
7.45 **Citizen Khan**
9.00 **dinnerladies**
9.40 **Only Fools and Horses**
12.05 PM **Only Fools and Horses** Eight episodes, including at: **2.20** Uncle Albert is mugged. **3.25** The Trotters prepare for Raquel to give birth. **4.30** Del grabs an opportunity to make a quick profit. **5.40** An audition gives Raquel the chance of a lifetime. **6.45** Del Boy becomes a showbiz entrepreneur.

9.00 Chewing Gum

7.55 **Only Fools and Horses** Del is invited to a school reunion at the Nag's Head organised by old adversary Roy Slater, who has recently been released from prison.
9.00 **Chewing Gum** Tracey discovers Connor has a new girlfriend. **9.30** Tracey meets a handsome man.
10.00 **Chewing Gum** Tracey goes out with her cousin. **10.30** Tracey is tired of spending time with Connor and his new girlfriend.
11.00 **Chewing Gum** Cynthia decides to be sexually proactive. **11.30** Tracey pursues a hot guy from her new book club.
12.00 M'T **Coupling**
2.00 AM **Chewing Gum**
2.35 **to 4.00** AM **French and Saunders**

+1 hour 210/211 194

Dave

111/112 127 19 157

7.25 AM **Scrapyard Supercar**
8.20 **Rick Stein's India**
9.20 **Top Gear**
11.00 **Red Bull Soapbox Race**
12.00 NOON **Storage Hunters UK**
1.00 PM **World's Most Dangerous Roads** From Australia.
2.00 **Red Dwarf**
3.20 **Gavin & Stacey**
4.40 **Not Going Out**
6.00 **Would I Lie to You?** With Gabby Logan and Diane Parish. **6.40** With Bob Mortimer, Patsy Kensit and Greg Davies.

9.20 Mock the Week

7.20 **Would I Lie to You?** With Huw Edwards, Sarah Millican, Bradley Walsh and Josie Lawrence.
8.00 **Not Going Out** The school lollipop man gets on the wrong side of Lee. **8.40** Lucy begins to consider having a breast augmentation.
9.20 **Mock the Week** With Angela Barnes, Ed Gamble, Rhys James and Michael Odewale.
10.00 **Not Going Out Live** Lee and Lucy are strong-armed into organising a Christmas variety show.
10.40 **QI XL** With Jimmy Carr.
11.40 **Have I Got a Bit More News for You** With Robert Peston.
12.40 AM **Comedians Giving Lectures** Double bill.
2.00 **Whose Line Is It Anyway? USA** Double bill of editions.
2.50 **Ladhood** Comedy series.
3.25 **to 4.00** AM **Not Going Out**

+1 hour 211 131 57

Saturday

7 PM
8 PM
9 PM
10 PM

GREAT! tv

157 189 50 142

6.00 AM **Highway to Heaven**
11.00 **Diagnosis Murder**
1.00 PM **Diagnosis Murder** Eight episodes of the drama, including at: **6.00** *Murder by the Busload*: Mark deals with a bus-load of murder suspects. **7.00** *A Candidate for Murder*: An eminent senator is suspected of killing his daughter. **8.00** *The ABCs of Murder*: Mark investigates a drive-by shooting.
9.00 **Three Bedrooms, One Corpse: An Aurora Teagarden Mystery** Crime drama starring Candace Cameron Bure.
10.45 **Real Murders: An Aurora Teagarden Mystery** Whodunit.
12.30 AM **Randall and Hopkirk (Deceased)**
1.30 **M*A*S*H** 23/26. (S7)
2.00 **to 6.00** AM **Castle**

+1 hour 257 220 62 143

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A New Life in the Sun: Where Are They Now?**
2.30 PM **A Place in the Sun**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
6.00 **A Place in the Sun: Home or Away**
7.00 **A Place in the Sun**
8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** Looking back on two downstairs dilemmas.
9.00 **Grand Designs** A home-cum-work of art in south Devon.
10.00 **George Michael: Outed** How the singer's outing was a landmark moment in gay politics.
12.10 AM FILM **All the Money in the World** Fact-based drama starring Michelle Williams. (2017, 15, 132min) ★★★★
2.50 **Gogglebox: 10 Year Anniversary Special**
4.15 **to 4.45** AM **A Place in the Sun**

5USA

141 141 153 21 129

9.00 AM **Entertainment News**
9.10 **Murder, She Wrote**
1.10 PM **Murder, She Wrote** Eight episodes of the drama, including at: **7.00** *Double Jeopardy:* Jessica's students is arrested for murder. **8.00** *Dead Eye:* A look into a murder connected to John F Kennedy's assassination.
9.00 **Criminal Minds** *A Real Rain:* 17/22. A series of murders committed by a vigilante. **10.00** *Somebody's Watching:* 18/22. The stalker of a starlet Reid is dating turns into a murderer. (S1)
11.00 **Law & Order: Special Victims Unit** (S6)
12.55 AM **Law & Order: Criminal Intent**
2.50 **The Blacklist** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Amazing Cleans**
10.00 **Call the Bailiffs: Time to Pay Up**
1.00 PM FILM **Jack the Giant Slayer** Fairy-tale fantasy. (2013, 12, 114min) ★★★
3.15 FILM **Jackie Chan's The Medallion** Comedy. (2003, PG, 88min) ★
5.05 FILM **Dumb and Dumber** Comedy. (1994, 12) ★★
7.15 FILM **Liar Liar** Comedy with Jim Carrey. (1997, 12, 86min) ★★★★
9.00 FILM **Road House** Action drama. (1989, 18, 110min) ★★★
11.25 FILM **Double Jeopardy** Thriller. (1999, 15, 105min) ★★★
1.35 AM **Casualty 24/7: Every Second Counts**
3.20 **Dogs with Incredible Jobs** Documentary.
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228 186 141

W

132 827 125 25 156

6.10 AM **The Bill**
12.00 NOON **Tipping Point**
5.00 PM **My Family** Six episodes, including at: **7.00** Ben's birthday goes unnoticed. **7.40** Ben and Susan realise they have nothing in common. **8.20** Michael discovers the house is cursed.
9.00 **Gavin & Stacey** The newlyweds argue while on a night out at the bowling alley. **9.40** Bryn tries to organise a surprise party for Gwen's birthday. **10.20** The couple begin leading separate lives. **11.00** Nessa goes into labour a month early.
11.40 **Louis Theroux: Life on the Edge**
12.50 AM **Louis Theroux: Extreme Love – Dementia** Documentary.
1.50 **to 3.00** AM **Ski A&E**

+1 hour 232 190

Drama

143 130 20 158

7.10 AM **Doctor Finlay**
11.00 **The Brokenwood Mysteries** 2/6. (S8)
1.00 PM **Pie in the Sky**
4.00 **Inspector George Gently** As 10.20pm.
6.00 **The Brokenwood Mysteries** *Death n' Bass:* 2/6. A band's van suddenly explodes. (S8)
8.00 **Father Brown** *The Star of Jacob*: The priest has to contend with a missing donkey and a kidnapped baby.
9.00 **Mrs Wilson** 2/3. Alison is on the tail of the elusive Dorothy – finding photographs of her from Alec's stint in India. (S1)
10.20 **Inspector George Gently** *Gently Upside Down:* A schoolgirl with links to a rising TV star is murdered. Guest stars Neil Morrissey.
12.20 **to 4.00** AM **Dancing on the Edge**

+1 hour 243 226 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

RealityXtra

147 197 68 134

9.00 AM **Medical Detectives**
12.00 NOON **Something's Killing Me** This edition focuses on the case of Jeanna Giese, who baffled doctors with a sinister illness. **1.00** Symptoms of a common cold spiral into a life or death situation.
2.00 PM **Medical Detectives** Six editions of the series profiling real-life crimes and how investigators solve them, showing the process of evidence analysis using new forensic techniques.
5.00 **Judge Judy** Back-to-back real-life small-claims cases.
12.30 AM **World's Most Unexplained...** Looking at the trend of people moving religious statues in Ireland in the 1980s.
1.00 **Psychic Private Eyes**
4.00 **Something's Killing Me**
5.30 **to 6.00** AM **Judge Judy**

Legend

148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 FILM **The Philadelphia Experiment** Sci-fi. (2012, 15, 89min) ★★
9.50 **Legend Lowdown**
10.00 **Walker, Texas Ranger**
3.00 PM FILM **Gunsmoke: The Last Apache** Western adventure. (1990, PG, 90min) ★★
4.55 **Jesse James The Unstoppable Outlaw**
6.30 **Legend Lowdown**
6.40 FILM **Warlords of Atlantis** Adventure. (1978, PG, 96min) ★★
8.30 **The Twilight Zone** (S1)
9.00 FILM PREMIERE **He Who Dares** Thriller. (2014, 15, 78min) ★
10.35 FILM **Bad Samaritan** Thriller. (2018, 15, 110min) ★★★
12.45 AM FILM **The Golem** Supernatural horror. (2018, 15, 95min) ★★
2.40 **to 4.30** AM FILM **Shut In** Thriller. (2016, 15) ★★

Challenge

145 139 48 146

7.00 AM **The Chase**
9.00 **Wheel of Fortune**
11.30 **Family Fortunes**
1.30 PM **All Star Family Fortunes** Double bill.
3.00 **Strike It Lucky**
4.00 **Tenable** Warwick Davis hosts as five drag artists from London take part in the quiz show.
5.00 **The Chase** Four editions of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** Bradley Walsh presents as celebrity contestants Todd Carty, Jo Pavey, Saira Khan and Dominic Holland take on ruthless quiz genius the Chaser and try to secure a cash prize for charity.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Eight editions.
3.00 AM **The Chase Celebrity Special**
4.00 **to 6.00** AM **The Chase**

E!

159 159 835 160

7.00 AM **Rich Kids of Beverly Hills**
12.00 NOON **Kourtney & Kim Take New York**
4.00 PM **Botched** A woman whose breasts failed to develop properly. **5.00** Paul Nassif sends a 'dinosaur nose' back to the Jurassic era. **6.00** A woman with a scarred stomach and popped implant. **7.00** A woman who crashed into a fence in a motorcycle accident. **8.00** A patient wants to downsize her triple Ds. **9.00** Tiffany 'New York' Pollard is back to beat breast implant illness. **10.00** A British patient seeks help from Terry. **11.00** A patient with a wrecked 'pelican' neck.
12.00 M'T **If We're Being Honest... with Laverne Cox** Talk show.
2.00 AM **Teleshopping**
3.00 **to 5.00** AM **EJ NYC**

Sky Documentaries

121 121 819 277 352 367

6.00 AM **Discovering**
8.00 **The Directors**
9.00 **Siempre, Luis**
11.00 **The Go-Go's**
1.00 PM **Biggest Little Farm**
2.45 **Rise of the Superheroes**
5.00 **Never Surrender: A Galaxy Quest Documentary**
6.50 FILM **The Beatles: Eight Days a Week – The Touring Years** Ron Howard's documentary charting the band's time on the road. (2016, 12, 113min) ★★★★
9.00 **Dublin Narcos** New edition The rise in drug addiction and organised crime in Dublin.
10.00 **Fatboy Slim: Right Here, Right Now**
11.50 **The Amazing Johnathan Documentary**
1.40 AM **Nike's Big Bet**
3.30 **Irene's Ghost**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124 124 822 278 354 369

6.00 AM **Dogs with Extraordinary Jobs**
9.00 **Africa's Wild Horizons**
12.00 NOON **Brazil Untamed**
5.00 PM **David Attenborough's Kingdom of Plants**
8.00 **Battle of the Alphas** New editions Nature's most spectacular fashion shows. **8.30** For certain alphas – from gorillas and moose to pelicans and sharks – bigger is definitely better.
9.00 **Age of the Big Cats** The stories of the cheetah, snow leopard and jaguar.
10.00 **Nature's Mass Attacks**
12.00 M'T **Battle of the Alphas** Double bill.
1.00 AM **Accidental Wilderness: Europe's Everglades**
2.00 **Arctic from Above**
3.00 **to 6.00** AM **Hope for Wildlife**

HGTV

158 286 44 166

7.00 AM **Escape to the Country** Four editions.
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **A Place in the Sun**
8.00 **Escape to the Country** Jonnie Irwin helps a pair with a budget of £650,000 find a country retreat in Cheshire.
9.00 **My Dream Derelict Home in the Sun** Converting an abandoned Spanish cave into a holiday home in Galera.
10.00 **Escape to the Country** A couple search for a foster-friendly property in Shropshire. **11.00** Searching for a home in Oxfordshire. **12.00** M'T Helping a Devon couple find a country home.
1.00 AM **Bargain Block**
2.00 **Escape to the Country**
3.00 **to 4.00** AM **A Place in the Sun**

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **The Pioneer Woman**
1.00 PM **James Martin's American Adventure**
3.00 **Jamie at Home**
8.00 **Gok's Chinese Takeaway** Gok Wan sets off to visit Chinese communities around the globe to discover their take on Chinese food outside of China.
9.00 **Man v Food** Adam Richman visits Des Moines in Iowa. **9.30** Adam visits Knoxville in Tennessee. **10.00** The Mount Nacheesmo challenge in Ann Arbor, Michigan. **10.30** Adam was the first to finish Don Shula's steak challenge.
11.30 **Man v Food: Best Of**
12.00 M'T **Mystery Diners**
2.00 **to 3.00** AM **Jamie Cooks Italy**

+1 hour 240 149

DMAX

172 171 39 150

6.00 AM **Deadliest Catch: Dungeon Cove**
9.00 **Alaskan Bush People**
12.00 NOON **Life Below Zero**
3.00 PM **Alaska: Homestead Rescue** Triple bill.
7.00 **How Do Animals Do That?** Double bill.
8.00 **Dodo Heroes** An elephant with a life-threatening injury is fitted with a leg brace.
9.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff operates on a rottweiler with a broken shoulder.
10.00 **World's Biggest Cyst: Body Bizarre** The world's biggest ovarian cyst.
11.00 **Monsters Inside Me**
1.00 AM **Marooned with Ed Stafford**
2.00 **Teleshopping**
4.00 **Insane Pools: Off the Deep End**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 272 214 151

5Action

150 150 33 132

9.00 AM **Police Interceptors**
12.00 NOON FILM **The Big Country** Western with Gregory Peck. (1958, PG, 165min) ★★★★
3.20 PM FILM **Warlock** Western. (1959, U, 123min) ★★★
5.55 FILM **Where Eagles Dare** World War Two adventure starring Richard Burton. (1968, PG, 149min) ★★★★
9.00 FILM **The Running Man** Sci-fi adventure starring Arnold Schwarzenegger and María Conchita Alonso. (1987, 18, 101min) ★★★
11.00 FILM **Rambo: Last Blood** Action thriller. (2019, 18, 89min) ★★
12.45 AM **Doomsday: Caught on Camera**
3.35 **Red Arrows: Kings of the Sky**
4.25 **Winter Road Rescue**
4.50 **to 5.00** AM **Entertainment News**

Sky Crime

122 122 820 121 349 364

6.00 AM **Motorbike Cops**
7.00 **Highway Patrol**
11.00 **The Force: Manchester**
12.00 NOON **Brit Cops: Law & Disorder** Documentary.
1.00 PM **Killing Mum and Dad** Philip Middleton.
2.00 **World's Most Evil Killers** Double bill.
4.00 **Britain's Most Evil Killers** Jason Marshall.
5.00 **Forensics: Catching the Killer** Crime series.
6.00 **How I Caught the Killer**
7.00 **Killer in My Village**
8.00 **Murdered at First Sight** Yingying Zhang.
9.00 **Killing Mum and Dad**
10.00 **Fred West: The Glasgow Girls**
11.00 **Forensics: Catching the Killer** Crime series.
12.00 M'T **Love You to Death**
1.00 AM **Britain's Most Evil...**
3.00 **Road Wars**
4.30 **to 6.00** AM **Motorway Patrol**

+1 hour 222 164

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **Murder She Solved**
7.00 **Medical Detectives** A young woman falls from a cliff to her death. **7.30** Officers race time to catch a killer. **8.00** A man is shot dead and his wife is the prime suspect. **8.30** Police investigate the disappearance of a woman who had been missing for a month.
9.00 **Interview with a Serial Killer** Arthur Shawcross, one of America's most notorious serial killers.
10.00 **Ice Cold Killers** A woman disappears in a Minnesota parking lot.
11.00 **Voice of a Serial Killer**
1.00 AM **Interview with a Serial Killer**
2.00 **Ice Cold Killers**
3.00 **Murder She Solved**
4.30 **to 6.00** AM **Judge Judy**

+1 hour 246 218 136

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Crete.
7.00 **Teleshopping**
8.00 **Antiques Road Trip**
10.00 **Dr Pimple Popper**
1.00 PM **A Place in the Sun**
3.00 **The Yorkshire Auction House**
4.00 **Helicopter ER**
8.00 **Saving Lives at Sea** Volunteers of the RNLI race to save a schooner.
9.00 NEW SERIES **Ghost Hunters** TAPS confront ghostly sailors on the *Battleship New Jersey*.
10.00 **Unexplained: Caught on Camera** New edition A possessive attachment makes a couple fear for the future of their son.
11.00 **Paranormal: Caught on Camera**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures: House Calls**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Antiques Road Trip**

Blaze

164 199 64 162

6.00 AM **Walking Through History: Nazi Occupation – Channel Islands** Documentary.
7.00 **Strangest Things**
8.00 **Storm Stories**
11.00 **Deep Water Salvage**
12.00 NOON **Rust Valley Restorers** Mike restores a 1968 Beaumont for a charity auction.
1.00 PM **Pawn Stars**
3.00 **Ancient Aliens**
8.00 **Eating History**
9.00 **Believers: Extreme Hauntings** A wrecking yard owner discovers a ghost captured on CCTV.
10.00 **I Am a Killer** Joshua Nelson tells his side of the story relating to his murder charge.
11.00 **Homicide: Hours to Kill**
12.00 M'T **Strange Evidence**
1.00 AM **Mythical Beasts**
3.00 **to 6.00** AM **Hardcore Pawn**

+1 hour 81

TLC

133 133 828 167

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
12.00 NOON **My 600lb Life**
1.00 PM **Dr Pimple Popper**
3.00 **Dr Mercy**
5.00 **Sister Wives**
6.00 **Say Yes... Atlanta**
7.00 **I Love a Mama's Boy**
8.00 **Celebrity IOU** Jeremy Renner asks Jonathan and Drew to transform a dated condo into an oasis for entertaining.
9.00 **Married To Real Estate** A couple are desperate to own a bungalow in Atlanta's Grant Park neighbourhood.
10.00 **My 600lb Life**
12.00 M'T **Celebrity IOU**
1.00 AM **Married To Real Estate** As 9.00pm.
2.00 **My 600lb Life**
5.00 **to 6.00** AM **Dr Pimple Popper**

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM **GPs: Behind Closed Doors**
10.00 **Ancient Mysteries: Egypt's Secret Tomb: Revealed** Documentary.
11.00 **King Tut's Last Mission**
12.00 NOON **Pompeii Mystery**
1.00 PM **Ancient Mysteries: The Volcano Warrior**
2.00 **Ancient Mysteries: Viking Burial: Secrets Revealed** Documentary.
3.00 **Drain the Oceans**
8.00 **Attack on Pearl Harbor: Caught By Surprise**
9.00 **Attack on Pearl Harbor: 30 Minutes of Hell** Documentary.
10.00 **Attack on Pearl Harbor: Declaration of War**
11.00 **Air Crash: Disaster Revealed** Double bill.
1.00 AM **The Pompeii Prophecy: Countdown to Devastation**
2.00 **The Yorkshire Steam Railway: All Aboard**
3.50 **to 4.00** AM **Entertainment News**

Quest

144 144 834 169 12 172

6.00 AM **Tony Robinson's Wild West** Double bill.
8.00 **Motor Pickers**
9.00 **Wheeler Dealers**
2.00 PM **Ambulance**
3.00 **Helicopter ER**
4.00 **Massive Engineering Mistakes** Structural issues with a luxury apartment block in San Francisco, California.
5.00 **Supertruckers**
6.00 **Motor Pickers**
7.00 **Salvage Hunters**
8.00 **The Woodland Workshop** A bench.
9.00 **The Repair Shop**
10.00 **Ancient Unexplained Files** A red skeleton found in a Maya city.
11.00 **Secrets Underground**
12.00 M'T **Hunting Hitler**
1.00 AM **NASA's Unexplained Files**
3.00 **Opal Hunters: Red Dirt Road Trip**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM **Say Yes to the Dress** Reality series.
7.00 **Animal Cops Detroit**
10.00 **The Bad Skin Clinic**
12.00 NOON **Hoarding: Buried Alive**
2.00 PM **Say Yes to the Dress** Five editions.
7.00 **The Bad Skin Clinic** Double bill of editions.
9.00 **Murder on CCTV** New edition In 2014, a student from China is found murdered in an Iowa college town.
10.00 NEW **The Murder of Gabby Petito: A Faking It Special** Experts in body language, linguistics, and psychology examine the murder of Gabby Petito.
11.00 **Forensic Detectives**
1.00 AM **The Perfect Murder** A tragic case of mistaken identity that led to murder.
2.00 **A Crime to Remember**
3.00 **to 4.00** AM **FBI Files**

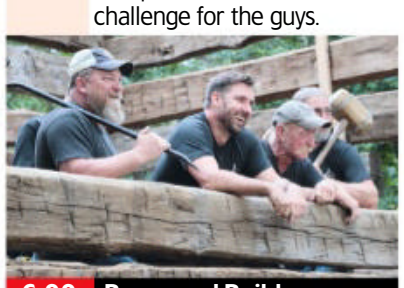
+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 320 325

6.00 AM **Barnwood Builders**
12.00 NOON **Gold Divers** Six editions of the series, including at:. **2.00** PM Vernon's diver bleeds on his ascent. **3.00** Following teams of gold dredgers in Alaska. **4.00** Mr Gold takes a gamble by mining Cooper Gulch. **5.00** A series of questionable calls by Kris brings the *Mistress* to her breaking point.
6.00 **Kindig Customs** The latest CF1 presents a new challenge for the guys.



6.00 Barnwood Builders

7.00 **Gold Divers** Part one of two. As tempers flare, the conflict between Shawn and the Kellys becomes physical. Meanwhile, mechanical difficulties plague the *Mistress*.
9.00 **Gold Rush** Parker battles a flood, while the Clayton brothers pray for a bonanza as they start mining Golden Acres.
10.00 **Mystery at Blind Frog Ranch** When a windstorm ruins visibility, Chad considers a risky blind dive to extract the box.
11.00 **Aircrash Confidential** A look at the events of December 1985 when a plane crashed in Canada less than one mile after take-off. All 256 passengers onboard died.
12.00 M'T **The Alaska Triangle**
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225 258

Animal Planet

162 251

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Deadliest Sharks**
3.00 **Shark Alley: Legend of Dynamite** Documentary.
4.00 **My Cat from Hell**
5.00 **Animal Cops Philadelphia**
6.00 **Tanked** Brett and Wayde set about building an aquarium in the fan area on the San Francisco Giants' ballpark.

8.00 Wild Australia

7.00 **How Do Animals Do That?** Facts about eagles, squirrels and insects. **7.30** Why pandas are black and white.
8.00 **Wild Australia** 2/2. Documentary exploring the wilderness of Australia through the eyes of the Aborigines.
9.00 **Wild Mexico** A profile of the country, home to a vast wilderness of oceans, deserts, jungle and unique creatures.
10.00 **Alaska Monsters** The team investigate the Otterman, which is believed to have the ability to shape-shift.
11.00 **Legends of the Wild** Damian Duffy and Matt Hoffman trek into some of the world's most dangerous areas.
1.00 AM **Alaska: Surviving the Last Frontier**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 259

Nat Geographic

129 129 825 266

8.00 AM **Made in a Day**
8.30 **Food Factory USA**
9.00 **Lost Treasures of Egypt**
5.00 PM **Egypt: Secret Chambers Revealed** A team attempt to solve the mystery of the Great Pyramid and how it was built, while seeking hidden treasure.
6.00 **Egypt's Sun King: Secrets and Treasures** The first tomb containing a body to be found since Tutankhamen's burial place was unearthed, which contains 30 more mummies in an adjoining chamber.

9.00 Tut's Treasures

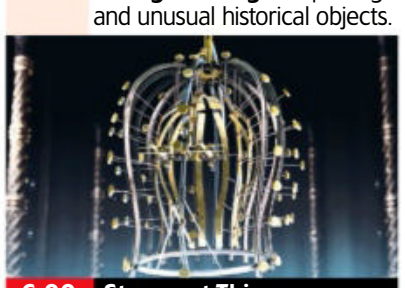
7.00 **Ultimate Tutankhamun** Investigating new research which puts light on the mysteries surrounding the death of the Egyptian pharaoh, and the miraculous preservation of his golden treasures.
9.00 **Tut's Treasures: Hidden Secrets** The objects found in Tutankhamun's tomb are brought together to be examined.
10.00 **Tut's Treasures: Hidden Secrets** King Tut's death mask undergoes a forensic investigation as experts seek an answer.
11.00 **Tut's Treasures: Hidden...**
12.00 M'T **Egypt's Treasure Guardians** Documentary.
1.00 AM **Lost Tombs of the Pyramids** An excavation.
2.00 **Money Meltdown**
2.30 **Prairie Dog Dynasty**
2.55 **Secrets of the Zoo: Keeper...**
3.20 **to 5.00** AM **Food Factory**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **American Pickers**
7.00 **Pawn Stars**
8.00 **Forged in Fire**
9.00 **Swamp People**
11.00 **Kill Hitler: The Luck of the Devil** Documentary.
12.00 NOON **Hitler: Uncovering His Fatal Obsession**
2.00 PM **Pawn Stars**
5.00 **Al Murray: Why Does Everyone Hate the English?** A look at England's relationship with Germany.
6.00 **Strangest Things** Perplexing and unusual historical objects.



6.00 Strangest Things

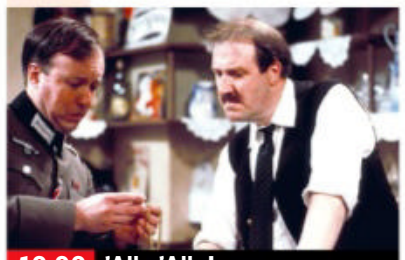
7.00 **How the Nazis Lost the War** The collapse of Hitler's empire, looking at Germany's allyship with despots and dictators.
8.00 **How the Nazis Lost the War** How Germany started to feel overstretched during World War Two.
9.00 **Westall '66: A Suburban UFO Mystery** A sighting in Australia that occurred in April 1966, when students reported seeing a flying object.
10.10 **UFO Town** Documentary investigating a claim that a UFO crashed in a field near Ottawa, Canada.
11.10 **Mythical Beasts** New discoveries reveal the bloody origins of the feathered snake god.
12.10 AM **Pawn Stars**
3.00 **Al Murray: Why Does Everyone Hate the English?**
4.00 **to 6.00** AM **How the Nazis Lost the War**

+1 hour 223 271

Yesterday

155 155 846 129 27 159

6.00 AM **Impossible Engineering**
8.00 **Bangers and Cash**
1.00 PM **Abandoned Engineering** A bizarre block in Taiwan resembling a giant speaker. **2.00** An ominous tower in the forests of Croatia. **3.00** Exploring a desert island with an infected past.
4.00 **Bangers and Cash** An Army Mercedes G wagon. **5.00** Derek has three scooters to collect. **6.00** Derek's picks up a 1970 Aston Martin DBS.



10.00 'Allo 'Allo!

7.00 **Bangers and Cash** *Call the Midwife star* Cliff Parisi drops off his Bedford CA campervan. **7 PM**
8.00 **Bangers and Cash** Derek picks up five vehicles from a collector who can no longer look after his motors. **8 PM**
9.00 **Bangers and Cash** Derek casts his eye over a Citroen 2CV, before admiring more than 270 motorbikes. **9 PM**
10.00 **'Allo 'Allo!** While on a sabotage mission, Rene is captured by the Germans. **10.40** Rene arranges his own funeral. **10 PM**
11.20 **'Allo 'Allo!** The communists capture Von Strohm and Geering, but they are rescued.
12.00 M'T **Bangers and Cash** Derek collects a Ford Thames 400E that once belonged to the pop band Edison Lighthouse.
1.00 **to 3.00** AM **Impossible Engineering**

+1 hour 255 217 74

Disc. History

177 257

6.00 AM **Shed and Buried**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
12.00 NOON **Greatest Events of World War II**
3.00 PM **Expedition Unknown** Double bill.
5.00 **Blowing Up History** Revealing the secrets of the Statue of Liberty. **6.00** The secrets behind the mysterious ruined city in Greece. **7.00** The secrets behind Attila the Hun.
8.00 **Blowing Up History: Seven Wonders** New evidence uncovered from the Valley of the Kings.
10.00 **Abandoned: Chernobyl's Deadly Secrets** The causes and outcomes of the events at the Chernobyl site.
11.00 **Tut's Buried Secrets**
12.00 M'T **to 5.00** AM **Combat Dealers**

+1 hour 277 261

Eden

166 245

9.00 AM **Snow Leopards and Friends** Documentary.
10.00 **The Life of Mammals**
11.00 **The Blue Planet**
12.00 NOON **David Attenborough's Natural Curiosities**
7.00 PM **David Attenborough's Natural Curiosities** Back-to-back editions, including at: **10.00** The regenerating powers of salamanders. **10.30** Exploring the secrets behind evolution. **11.00** Animals with unusual means of finding their way around. **11.30** Birth in the animal kingdom.
12.00 M'T **David Attenborough's Natural Curiosities**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Prairie Dog Dynasty**
11.00 **Yukon Vet**
1.00 PM **Monster Fish**
3.00 **Africa's Deadliest**
5.00 **Serengeti: Assault on the Megaherd**
6.00 **Man Vs Octopus**
7.00 **Wild Nordic** Exploring the snow-covered, inhospitable and wild Scandinavian Mountains.
8.00 **Cesar Millan: Better Human Better Dog** Cesar works with a pair of young dogs adopted during the pandemic.
9.00 **The Incredible Dr Pol** New edition An insight into a Central Michigan veterinary practice.
10.00 **Something Bit Me** A surfer and a trail runner face off with two highly evolved creatures.
11.00 **Night Killers**
12.00 M'T **When Sharks Attack** Double bill.
2.00 AM **Monster Fish**
4.00 **to 5.00** AM **Yukon Vet**

Sky History 2

163 163 840 272

6.00 AM **Ancient Aliens**
9.00 **Auction Hunters**
11.00 **Dangerous Missions**
1.00 PM **Treasures Decoded**
2.00 **Alien Files: Unsealed**
3.00 **Great Escapes with Morgan Freeman**
5.00 **Ancient Mysteries**
6.00 **Ancient Discoveries**
7.00 **Treasures Decoded**
8.00 **Alien Files: Unsealed** A look at the most fascinating reported alien encounters.
9.00 **WWII Lost Films** Robert Sherrod accompanies Marines on their assault of Iwo Jima.
10.00 **The Real War of Thrones** The marriage of Margaret of Valois to Henry of Navarre.
11.00 **Paranormal: Caught on Camera**
1.00 AM **Dangerous Missions**
3.00 **Declassified**
4.00 **WWII Lost Films**
5.00 **to 6.00** AM **Declassified**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **World After Stonehenge**
1.00 PM **Beautiful Serengeti**
1.40 **Young Victoria**
2.50 **Trouble in Amish Paradise** Documentary.
3.55 **World After Stonehenge** Exploring the origins of Britain. **5.00** Exploring the age of Celtic Britain. **6.05** The beginning of Roman Britain. **7.15** Exploring the legacy of the Romans.
8.20 **Young Victoria** The story of how the young Victoria rose to power.
9.25 **Bruce Springsteen: In His Own Words** An exclusive insight into the life of one of the most respected musicians.
10.55 **Trouble in Amish Paradise** Documentary.
12.00 M'T **Young Victoria**
1.05 **to 2.00** AM **Beautiful Serengeti**

CI

156 156 837 198

6.00 AM **On the Case with Paula Zahn** Triple bill.
9.00 **Cruise Ship Killers**
12.00 NOON **I Lived with a Killer** Four editions.
4.00 PM **Criminal Confessions** Triple bill.
7.00 **Mastermind of Murder** Detectives uncover a chilling betrayal after the body of a family man is mysteriously found discarded alongside a rural road.
8.00 **Murdered By Morning** People unaware that an average night out would be their last on Earth.
9.00 **Cops Who Kill With Will Mellor** Examining the tragic murder of Sarah Everard by Wayne Couzens.
10.00 **The Jail: 60 Days In**
12.00 M'T **Court Cam**
3.00 AM **Cops Uncensored**
4.00 **to 6.00** AM **I Lived with a Killer**

+1 hour 256 222

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

SATURDAY Films

Saturday

Sky Cinema Premiere

301 301 848 401 501 515

6.25 AM **PREMIERE Bodies Bodies Bodies** As 10.50pm.
8.15 **Summit Fever** Thriller. (2022, 15, 115min) ★★
10.25 **Where the Crawdads Sing**
12.45 PM **Elvis** As 8.00pm.
3.35 **Bullet Train** Comedy thriller with Brad Pitt and Joey King. (2022, 15, 127min) ★★★★
5.50 **Where the Crawdads Sing** Drama starring Daisy Edgar-Jones and David Strathairn. (2022, 15, 123min) ★★★

10.50 Bodies Bodies Bodies

8 PM

8.00 **Elvis** Baz Luhrmann's biopic starring Austin Butler and Tom Hanks. Singer Elvis Presley takes the world by storm while his manager, Colonel Tom Parker, exerts a grip over him. With Olivia DeJonge. (2022, 12, 159min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 **PREMIERE Bodies Bodies Bodies** Horror comedy starring Amandla Stenberg and Maria Bakalova. (2022, 15, 94min) ★★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

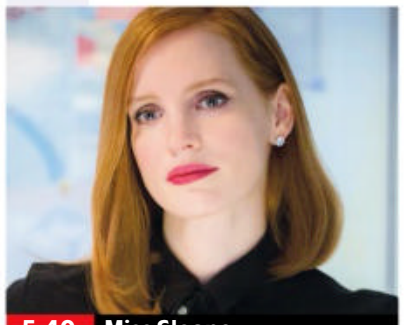
12.40 AM **Bullet Train** As 3.35pm.
3.00 **Where Is Anne Frank** Animated drama. (2021, PG, 99min) ★★★★
4.55 **Sky Cinema Preview**
5.55 **to 6.10** AM **The Cinema List: Esea British Talent**

+1 hour 312

Sky Cinema Hits

310 310 857 403 503 517

7.35 AM **South of Heaven** (2021)
9.40 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
11.30 **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
1.30 PM **Voyagers** Sci-fi thriller. (2020, 15, 108min) ★★★
3.20 **Angels & Demons** Mystery thriller starring Tom Hanks. (2009, 12, 138min) ★★
5.40 **Miss Sloane** Political drama starring Jessica Chastain. (2016, 15, 132min) ★★★★


5.40 Miss Sloane

8.00 **2 Guns** Action thriller starring Denzel Washington and Mark Wahlberg. A pair of double-dealing crooks join forces for real after inadvertently stealing $43million from the CIA. With Paula Patton. (2013, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **That Awkward Moment** Romantic comedy with Zac Efron, Miles Teller and Michael B Jordan. Three men vow to remain single after two of them go through break-ups, but find their resolve tested. (2014, 15, 92min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **South of Heaven** Crime drama starring Jason Sudeikis and Evangeline Lilly. (2021, 15, 120min) ★★★
2.05 AM **Miss Sloane** As 5.40pm.
4.25 **to 6.15** AM **That Awkward Moment** As 10.00pm.

Sky Cinema Family

306 306 850 406 506 520

6.10 AM **Penelope** (2006, U) ★★★
7.55 **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy. (2005, U, 98min) ★★
9.35 **Power Rangers** Fantasy. (2017, 12, 119min) ★★★
11.45 **Divergent** Sci-fi adventure. (2014, 12, 136min) ★★★
2.10 PM **Bratz** As 4.10am.
4.00 **Stuart Little** Adventure. (1999, U, 84min) ★★★★★
5.40 **Super 8** Sci-fi mystery. (2011, 12, 111min) ★★★★

5.40 Super 8

7.40 **Fantastic Beasts: The Secrets of Dumbledore** Fantasy starring Eddie Redmayne. Professor Albus Dumbledore must assist Newt Scamander and his colleagues as Grindelwald leads an army to destroy all Muggles. (2022, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Around the World in 80 Days** Comedy adventure starring Jackie Chan and Steve Coogan. Eccentric English inventor Phileas Fogg sets out to circumnavigate the globe in 80 days. (2004, PG, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Max Winslow and the House of Secrets** Sci-fi thriller. (2019, 12, 98min) ★
2.10 **Arthur and the Great Adventure** Fantasy sequel. (2010, PG, 107min) ★★★
4.10 **to 6.00** AM **Bratz** Comedy. (2007, PG, 98min) ★★

Sky Cinema Action

307 307 851 407 507 521

6.40 AM **The Batman** Fantasy. (2021, 15, 176min) ★★★★
9.35 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
11.45 **San Andreas** As 12.45am.
1.55 PM **Jurassic World** Adventure sequel. (2015, 12) ★★★★
4.05 **Gunpowder Milkshake** Action thriller starring Karen Gillan. (2021, 15, 114min) ★★★
6.05 **Venom: Let There Be Carnage** Fantasy sequel. (2021, 15, 97min) ★★★

6.05 Venom: Let There Be...

8.00 **Jurassic World: Dominion** Sci-fi sequel starring Chris Pratt and Bryce Dallas Howard. Four years after Isla Nublar was destroyed, Biosyn operatives try to locate Maisie Lockwood, while familiar faces make an appearance. (2022, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Hellboy** Comic-book horror fantasy starring Ron Perlman, John Hurt and Selma Blair. (2004, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **San Andreas** Disaster movie starring Dwayne Johnson and Carla Gugino. (2015, 12, 114min) ★★★
2.55 **Riders of Justice** Danish action comedy drama starring Mads Mikkelsen. Subtitled. (2021, 15, 116min) ★★★★
4.55 **to 7.10** AM **Hellboy** (2004)

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **Poms** As 3.55am.
8.55 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
10.50 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
12.45 PM **The Hangover Part III** Comedy sequel. (2013, 15) ★★
2.40 **Just Friends** Comedy. (2005, 12, 94min) ★★
4.30 **Furry Vengeance** Comedy. (2010, PG, 88min) ★★
6.15 **Zoolander** Comedy. (2001, 12, 89min) ★★★★

6.15 Zoolander

8.00 **Step Brothers** Comedy starring Will Ferrell and John C Reilly. Two middle-aged stepbrothers learn that they must share a room after their single parents get married. With Richard Jenkins and Mary Steenburgen. (2008, 15, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **White Chicks** Slapstick comedy starring Shawn and Marlon Wayans. Two black FBI agents dress up as white heiress sisters in order to catch a serial kidnapper and get in their boss's good books. (2004, 15, 109min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
2.00 **Pineapple Express** Comedy. (2008, 18, 111min) ★★★★
3.55 **Poms** Comedy drama. (2019, 12, 90min) ★★★
5.40 **to 6.10** AM **Sky Cinema Preview**

primetime

Sky Cinema Greats

304 304 849 404 504 518

6.50 AM **Happy Feet** Animated musical comedy adventure. (2006, U, 108min) ★★★★
8.40 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
10.20 **Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★★★
12.45 PM **The Matrix** Sci-fi thriller. (1999, 15, 136min) ★★★★
3.10 **Dune** Epic sci-fi drama. (2021, 12, 155min) ★★★★★

5.50 **Jurassic Park** Steven Spielberg's monster thriller with Sam Neill and Laura Dern. (1993, PG, 127min) ★★★★★
8.00 **Gladiator** Ridley Scott's historical epic starring Russell Crowe and Joaquin Phoenix. (2000, 15, 154min) ★★★★
10.40 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. A killer shark terrorises a beach resort on America's east coast. (1975, 12, 125min) ★★★★★

12.50 AM **Black Hawk Down** Ridley Scott's war drama starring Josh Hartnett and Ewan McGregor. (2001, 15, 144min) ★★★
3.20 **The Impossible** Disaster movie. (2012, 12, 114min) ★★★★
5.20 **to 6.20** AM **The Oscars: Who Will Win?**

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Free Birds** As 3.45am.
7.45 **A Stork's Journey** As 2.15am.
9.25 **Pil's Adventures** As 7.05pm.
11.05 **Postman Pat: The Movie** Animation. (2014, U) ★★
12.40 PM **How to Train Your Dragon 2** Animated adventure sequel. (2014, PG, 102min) ★★★★
2.25 **Rock Dog 3: Battle The Beat** Animated adventure sequel. (2022, U, 90min) ★★

4.00 **The Rugrats Movie** Animation. (1998, U, 80min) ★★★
5.30 **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
7.05 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
8.35 **Open Season** Animation. (2006, PG, 86min) ★★★★
10.05 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
11.25 **Open Season 3** Animated sequel. (2010, U, 74min) ★★

12.45 AM **Open Season: Scared Silly** Animation. (2015, PG) ★★
2.15 **A Stork's Journey** Animated adventure. (2017, U, 85min) ★★
3.45 **Free Birds** Animated comedy. (2013, U, 91min) ★★
5.20 **to 6.20** AM **Sky Cinema Preview**

TCM Movies

315 415

6.00 AM **Hollywood's Best Directors**
8.20 **Off Set** With Ben Miller.
8.40 **Rocky Mountain** Western. (1950, b/w, PG, 83min) ★★
10.20 **Gun Glory** Western adventure. (1957, U, 89min) ★★
12.10 PM **Rio Bravo** Howard Hawks Western starring John Wayne. (1959, PG, 140min) ★★★★★
3.00 **The Younger Brothers** Western. (1949, U, 77min) ★★

4.40 **The Spy Who Came in from the Cold** Spy thriller. (1965, b/w, PG, 107min) ★★★★
7.00 **The Last Challenge** Western starring Glenn Ford, Angie Dickinson and Chad Everett. (1967, PG, 90min) ★★
9.00 **Criminal** Thriller starring Kevin Costner and Ryan Reynolds. A deceased CIA agent's skills are implanted into a death-row inmate in the hope he will complete a crucial mission. (2015, 15, 113min) ★★★

11.20 **Ransom** Thriller starring Mel Gibson. (1996, 15, 121min) ★★★
1.50 AM **Teleshopping**
4.05 **Off Set** With Michael Caine.
4.30 **Close Up** George Clooney.
5.00 **to 6.00** AM **Hollywood's Best...**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **The Crater Lake Monster** Chiller. (1977, 15, 74min) ★
7.45 **The Black Rider** (1954, U) ★★
9.00 **The Adventures of Sir Lancelot**
9.30 **Treasure at the Mill** Drama. (1957, b/w, U, 61min) ★★
10.45 **Danny the Dragon** 6/10. (S1)
11.05 **Phantom Creeps** 6/12. (S1)
11.30 **Sir Francis Drake** 25/26. (S1)
12.00 NOON **Invisible Invaders** Sci-fi adventure. (1959, PG) ★★

1.20 PM **The Outer Limits** (S1)
2.20 **Look at Life** Documentary.
2.35 **The Weapon** Mystery thriller. (1956, b/w, PG, 81min) ★★
4.15 **Ghost Ship** Sea-faring drama. (1952, b/w, U, 74min) ★★
5.45 **Look at Life** Documentary.
5.55 **Khartoum** Historical drama. (1966, PG, 134min) ★★★
8.35 **Night Mail** Classic documentary. (1936, b/w, U, 24min) ★★★★
9.00 **The Four Just Men**
9.30 **Waking the Dead** Pilot of the drama starring Trevor Eve.

11.35 **Sudden Fear** Thriller with Joan Crawford and Jack Palance. (1952, b/w, PG, 111min) ★★
1.50 AM **LadyHawke** Fantasy. (1985, PG, 118min) ★★★
4.20 **to 6.00** AM **Three Steps to the Gallows** Crime drama. (1953, b/w, PG, 81min) ★★

HorrorXtra

317 192 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Independents' Day** Sci-fi adventure starring Jacquelin Arroyo. (2016, 15, 91min) ★★
6.50 **This Is HorrorXtra**
7.00 **Troy: The Odyssey** Fantasy starring Dylan Vox and Lara Heller. (2017, PG, 90min) ★★
8.50 **This Is HorrorXtra**
9.00 **Bite** Horror starring Elma Begovic. While on her hen night, the bride-to-be gets a bite from an insect, and soon develops a taste for human flesh. (2015, 18, 88min) ★★

10.50 **This Is HorrorXtra**
11.00 **Gallowwalkers** Horror Western. (2012, 15, 88min) ★★
12.50 AM **This Is HorrorXtra**
1.00 **Independents' Day** As 5pm.
2.50 **to 3.00** AM **This Is HorrorXtra**

+1 hour 318 219 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Looted** As 4.25am.
7.50 **Antebellum** Horror mystery. (2019, 15, 105min) ★★
9.40 **Every Breath You Take** Thriller. (2021, 15) ★★★
11.30 **Kimi** Crime thriller. (2022, 15, 87min) ★★★★
1.05 PM **Patriot Games** Action thriller. (1992, 15, 116min) ★★
3.05 **Clear and Present Danger** Thriller. (1994, 12) ★★★
5.30 **A Time to Kill** Legal drama. (1996, 15, 149min) ★★★

8.00 The Fugitive

8.00 **The Fugitive** Action thriller starring Harrison Ford and Tommy Lee Jones. A wrongly convicted man escapes on the way to jail and goes in search of the real culprit while evading the forces of the law. (1993, 15, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

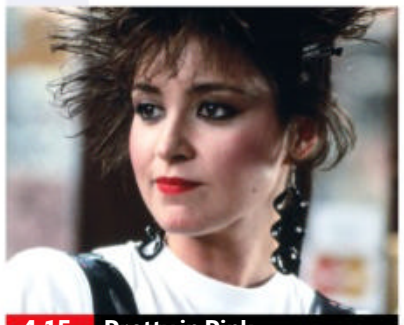
10.15 **Kiss the Girls** Thriller starring Morgan Freeman and Ashley Judd. A forensic psychologist strives to catch a serial kidnapper with the help of a strong-willed doctor. (1997, 18, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Law Abiding Citizen** Crime thriller starring Jamie Foxx and Gerard Butler. (2009, 18, 109min) ★★
2.15 **Lansky** Crime drama. (2021, 18, 119min) ★★★
4.25 **to 6.05** AM **Looted** Drama. (2019, 15, 89min) ★★★★

Sky Cinema Women in Film

303 303 410 510 524

6.15 AM **The Cinema List**
6.30 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
8.25 **The Lost City** (2022, 12) ★★★
10.20 **Emma** Jane Austen adaptation. (1996, U, 120min) ★★★★
12.25 PM **13 Going on 30** (2004)
2.20 **Clueless** Satirical comedy. (1995, 12, 97min) ★★★★
4.15 **Pretty in Pink** Comedy drama. (1986, 15, 99min) ★★★★
6.00 **Steel Magnolias** Comedy drama. (1989, PG) ★★★★


4.15 Pretty in Pink

8.00 **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans and Alec Baldwin. (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. With Albert Finney and Aaron Eckhart. (2000, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **13 Going on 30** Romantic comedy starring Jennifer Garner and Mark Ruffalo. (2004, 12, 98min) ★★★
2.20 **Clueless** As 2.20pm.
4.15 **to 6.00** AM **Pretty in Pink**

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.20 AM **Paycheck** Sci-fi thriller. (2003, 12, 119min) ★★★
8.30 **Vampire in Brooklyn** Horror comedy. (1995, 15) ★★
10.25 **Insidious** (2010, 15) ★★★★
12.25 PM **Insidious: Chapter 2** Thriller. (2013, 15) ★★★
2.25 **Insidious: Chapter 3** Horror. (2015, 15, 97min) ★★★
4.20 **Cloverfield** Disaster movie. (2007, 15, 81min) ★★★
6.00 **The Forever Purge** Horror. (2021, 15, 103min) ★★★

4.20 Cloverfield

8.00 **Escape from LA** Futuristic adventure sequel starring Kurt Russell as an outlaw trying to retrieve a satellite weapon device from the earthquake-created island of Los Angeles. With Steve Buscemi. (1996, 15, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Monster Hunter** Fantasy adventure starring Milla Jovovich. Cpt Artemis and her soldiers are transported to a new world, and engage in a battle for survival against enormous enemies. (2020, 12, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **From Dusk Till Dawn 2: Texas Blood Money** Horror sequel. (1999, 18, 88min)
1.40 AM **Halloween Kills** Horror. (2021, 18, 105min) ★★★★
3.40 **Benny Loves You** Horror comedy. (2019, 15) ★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Best of 80s

302 302 856 402 502 516

6.15 AM **The Cinema List: The 90s**
6.40 **Summer Rental** Comedy. (1985, PG, 88min) ★★
8.20 **Stand by Me** Nostalgic drama. (1986, 15, 89min) ★★★★★
10.05 **Top Gun** (1986, 12) ★★★
12.05 PM **Prince of Darkness** Horror. (1987, 18, 101min) ★★★
2.00 **Footloose** As 11.50pm.
4.00 **Ferris Bueller's Day Off** Teen comedy. (1986, 12) ★★★★
6.00 **Ghostbusters** Comedy. (1984, 12, 105min) ★★★★

4.00 Ferris Bueller's Day Off

8.00 **Ghostbusters II** Supernatural action comedy sequel starring Bill Murray, Dan Aykroyd and Sigourney Weaver. The Ghostbusters battle another batch of spooks in the Big Apple. (1989, PG, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Pet Sematary** Thriller based on the bestseller by Stephen King, starring Dale Midkiff, Fred Gwynne and Denise Crosby. (1989, 18, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Footloose** Dance drama with Kevin Bacon and Lori Singer. (1984, 12, 107min) ★★★
1.40 AM **The Fog** John Carpenter's chiller starring Adrienne Barbeau and Hal Holbrook. (1979, 15, 90min) ★★★
3.15 **The Cinema List: The 90s**
3.45 **Pet Sematary** As 10.00pm.
5.30 **to 6.35** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **How to Train Your Dragon** Animated adventure. (2010, PG, 98min) ★★★★
12.55 PM **Masters of the Universe** Adventure. (1987, PG) ★★★
3.00 **Puss in Boots** Animation. (2011, U, 90min) ★★★★
4.45 **The Choice** Romantic drama. (2016, 12, 109min) ★★
6.55 **Maid in Manhattan** Romantic comedy with Jennifer Lopez. (2002, PG, 105min) ★★★

9.00 Saving Private Ryan

Maid in Manhattan (film started at 6.55pm) — 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Saving Private Ryan** Steven Spielberg's harrowing World War Two drama starring Tom Hanks. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★ — 9 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Zombieland** Horror comedy with Woody Harrelson, Jesse Eisenberg, Abigail Breslin and Emma Stone. (2009, 15, 84min) ★★★★ — 10 PM
2.05 **to 4.00** AM **PREMIERE Caught in Time** Chinese thriller starring Daniel Wu and Qianyuan Wang. Subtitled. (2020, 15, 95min) ★★★ — 11 PM

+1 hour 314 430 47 301

GREAT! movies romance

319 424 52 303

6.00 AM **Lying To Be Perfect** Romantic comedy drama. (2010, PG, 89min) ★★
8.00 **Love at First Glance** Romantic drama. (2017, PG, 80min) ★★
10.00 **Love Locks** Romantic drama. (2017, PG, 90min) ★★
12.00 NOON **Starting Up Love** Comedy. (2019, PG, 77min) ★★
2.00 PM **How to Find Forever** Drama. (2021, PG, 80min) ★★
4.00 **Love Struck Cafe** Romantic drama. (2017, PG, 84min) ★★
6.00 **All of My Heart** Romantic drama. (2015, PG, 81min) ★★
8.00 **When Love Came to Town** Romantic comedy starring Lauren Holly and Valerie Harper. (2014, PG, 90min) ★★
10.00 **And So It Goes** Romantic comedy drama starring Michael Douglas and Diane Keaton. (2014, 12, 90min) ★★★
11.50 **Strawberry Summer** Romantic drama. (2012, U, 90min) ★★
1.30 AM **A Wish Come True** Drama. (2015, PG, 85min) ★★
3.00 **The Last Bridesmaid** Romantic drama. (2019, PG, 90min) ★★
4.30 **to 6.00** AM **Our Dream Wedding** (2020, PG) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.10 AM **Reflections** Mystery thriller. (2008, 15, 94min) ★★
11.15 **Where Angels Fear to Tread** EM Forster drama starring Helen Mirren. (1991, PG, 118min) ★★
1.35 PM **Kramer vs Kramer** Oscar-winning drama. (1979, PG, 104min) ★★★★★
3.45 **Running Wild** Fact-based adventure starring Brooke Shields. (1995, PG, 98min) ★★
5.50 **Australia** Romantic adventure with Nicole Kidman and Hugh Jackman. In 1939 Australia, a prim English aristocrat reluctantly joins forces with a rugged drover after she inherits a remote Outback cattle station. (2008, 12, 158min) ★★★
9.00 **Robin Hood** Ridley Scott's epic adventure telling the story of how Robin Hood became an outlaw, starring Russell Crowe, Cate Blanchett and William Hurt. (2010, 12, 140min) ★★★
11.50 **Bunraku** Action fantasy. (2010, 15, 119min) ★★★
2.15 AM **Murder 101: Locked Room Mystery** Drama. (2008, PG) ★★
4.05 **to 6.00** AM **Murder 101: If Wishes Were Horses** (2007)

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **The Concorde Story**
7.30 **The Bamboo Prison** War drama. (1954, PG, 79min) ★★
9.15 **Commandos Strike at Dawn** War drama. (1943, b/w, PG) ★★
11.20 **Fort Ti** Western. (1953, U) ★★
12.55 PM **Tank Force** Adventure. (1958, PG, 102min) ★★★
2.45 **Union Pacific** Cecil B DeMille Western with Barbara Stanwyck. (1939, b/w, PG, 135min) ★★
5.35 **Coroner Creek** Western starring Randolph Scott. (1948, PG, 89min) ★★
7.25 **Ride Lonesome** Western starring Randolph Scott, Karen Steele and Pernell Roberts. (1959, 12, 73min) ★★★★
9.00 **Black Hawk Down** Director Ridley Scott's war drama based on the catastrophic US military action in Somalia in 1993, starring Josh Hartnett, Ewan McGregor and Tom Sizemore. (2001, 15, 144min) ★★★
12.05 AM **Stratton** Thriller starring Dominic Cooper and Austin Stowell. (2017, 15, 94min) ★★
1.55 **The War in Europe**
3.05 **to 4.00** AM **The Blitz on Coventry**

+1 hour 324

Movies 24

325 419

7.00 AM **Matchmaker Christmas** Drama. (2019, PG, 90min) ★★
9.00 **How to Train Your Husband** Comedy. (2018, PG, 85min) ★★
11.00 **The Sauce of Love** Romantic drama. (2020, PG, 85min) ★★
1.00 PM **Pumpkin Everything** Romantic comedy drama. (2022, PG, 84min) ★★
3.00 **PREMIERE Stepping into Love** Drama. (2023, PG, 82min) ★★
5.00 **Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
7.00 **Love on Harbor Island** Romantic drama starring Morgan Kohan and Marcus Rosner. A young woman returns to her hometown to help run a bed and breakfast, and meets a handsome pilot. (2020, PG, 81min) ★★
9.00 **Girlfriendship** Romantic comedy starring Tamera Mowry-Housley and Krystal Joy Brown. (2022, PG, 84min) ★★
11.00 **Hint of Love** Romantic comedy drama. (2020, PG, 90min) ★★
1.00 AM **Coffee Shop** Romantic comedy. (2014, PG, 90min) ★★
3.00 **to 5.00** AM **Love at Look Lodge** Drama. (2020, PG) ★★

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

6.20 PM **The Mask of Zorro** *Comedy Central* Adventure. ★★★★
6.30 **Shazam!** *ITV2* Comedy. ★★★★
6.40 **Indiana Jones and the Temple of Doom** *E4* Adventure. ★★★
6.50 **The Beatles: Eight Days a Week – The Touring Years** *Sky Documentaries* ★★★★
7.15 **Liar Liar** *5STAR* ★★★★
7.50 **The Wedding Planner** *BBC3* Romantic comedy. ★★★
9.00 **Promising Young Woman** *Sky Showcase* Thriller. ★★★★
9.00 **The Inbetweeners Movie** *E4* Comedy spin-off. ★★★★
9.00 **Road House** *5STAR* ★★★
9.00 **The A-Team** *Comedy Central* ★★
9.00 **Planet Dune** *Sky Sci-Fi* ★★
9.00 **The Running Man** *5Action* ★★★
9.30 **The Beach** *BBC3* ★★★
10.30 **Four Weddings and a Funeral** *Channel 4* Comedy. ★★★★
11.00 **Lone Survivor** *ITV4* ★★★★
11.00 **Triassic Hunt** *Sky Sci-Fi*
11.00 **Rambo: Last Blood** *5Action* ★★
11.20 **Jackass Presents: Bad Grandpa** *Comedy Central* ★★★
11.25 **Double Jeopardy** *5STAR* ★★★
11.40 **At Any Price** *BBC1 (Not Scot)* Drama with Dennis Quaid. ★★★

SATURDAY Sport

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 LIVE **Test Cricket South Africa v West Indies.** The fourth day of the second and final Test at DP World Wanderers Stadium.
12.00 NOON LIVE **EFL Bristol City v Blackpool.** Coverage of the Championship encounter at Ashton Gate. Kick-off **12.30pm**.
2.30 PM LIVE **The Players Championship** Coverage of the third day at TPC Sawgrass in Ponte Vedra Beach, Florida.
5.00 LIVE **SNF Crystal Palace v Manchester City.** Coverage from Selhurst Park. Kick-off **5.30pm**.
8.00 LIVE **The Players Championship** Further coverage of day three in Florida.
11.30 **Sky Sports News**
1.30 AM LIVE **NBA Basketball Golden State Warriors v Milwaukee Bucks.** Coverage from Chase Centre in San Francisco. Tip-off **1.30am**.
4.00 **to 6.00** AM LIVE **Golf** Day four of the Women's Asian Amateur Golf Championship from Singapore Island Country Club.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League: Big Interview**
9.30 **Saturday Social**
10.30 **Soccer AM** Football magazine.
12.00 NOON **Gillette Labs Soccer Saturday** Updates on all of the day's fixtures as they happen.
5.00 PM LIVE **SNF Crystal Palace v Manchester City.** Coverage of the Premier League match, staged at Selhurst Park, as City look to keep their attempt to regain the Premier League title on track. Kick-off **5.30pm**.
8.30 **Game of the Day** A full rerun of one of the Saturday afternoon fixtures in the Premier League.
10.30 **Premier League Highlights** Action from Everton v Brentford. **11.00** Highlights of Leeds United v Brighton & Hove Albion. **11.30** Manchester United v Southampton at Old Trafford.
12.00 M'T **SNF** Highlights of Crystal Palace v Manchester City.
12.30 AM **Premier League Highlights**
2.30 **Premier League Best Goals**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Highlights**
6.15 **Championship Retro** Charlton Athletic v Sunderland in the 1998 Championship play-off final.
9.00 **EFL Greatest Games** Leeds United v Sheffield United in 2017.
9.15 **EFL Highlights** Action from Stoke City v Blackburn Rovers.
9.30 **Saturday Social**
10.30 **Soccer AM** Football magazine.
12.00 NOON LIVE **EFL Bristol City v Blackpool.** Coverage of the Championship encounter at Ashton Gate. Kick-off **12.30pm**.
3.00 PM **Soccer Saturday**
5.00 **EFL Highlights** Bristol City v Blackpool at Ashton Gate.
5.15 **Bundesliga Clubs** FSV Mainz 05.
5.20 LIVE **Bundesliga Schalke 04 v Borussia Dortmund.** Coverage of the match, staged at Veltins-Arena. Kick-off **5.30pm**.
7.30 **EFL Highlights** A rerun of Bristol City v Blackpool at Ashton Gate.
10.30 **EFL Highlights** Action from Stoke City v Blackburn Rovers. **10.45** Bristol City v Blackpool.
11.00 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
1.00 AM **EFL** The 2019/20 play-offs.
3.00 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Best of ICC WT20**
6.30 **Test Cricket** Highlights of South Africa v West Indies on the third day of the second Test.
7.30 LIVE **Test Cricket South Africa v West Indies.** The fourth day of the second and final Test in the series at DP World Wanderers Stadium in Johannesburg.
1.50 PM LIVE **WPL Gujarat Giants v Delhi Capitals.** Coverage of the Women's Premier League T20 match, which takes place at DY Patil Stadium in Mumbai, India.
6.00 **Test Cricket** Highlights of South Africa v West Indies.
7.00 **Talking Cricket**
8.00 **Pakistan Super League** Quetta Gladiators v Multan Sultans.
9.00 **WPL** Highlights of Gujarat Giants v Delhi Capitals in Mumbai.
10.00 **Pakistan Super League** Quetta Gladiators v Multan Sultans.
11.00 **Test Cricket** Highlights of South Africa v West Indies.
12.00 M'T **Pakistan Super League** A rerun of Quetta Gladiators v Multan Sultans in Rawalpindi.
4.10 AM **Best of ICC WT20**
4.40 **Women's World T20 Classics**
5.00 **to 6.00** AM **WPL**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **The Players Championship Official Film** The story of the 2009 competition in Florida.
7.00 **The Players Championship** Action from day two of the tournament at TPC Sawgrass.
8.00 **Best of the Sky Zone – The Players** The Players Championship.
8.30 **The Players Championship** Day two at TPC Sawgrass.
9.30 LIVE **DP World Tour Golf** Coverage of the third day of the Kenya Open from Muthaiga Golf Club in Nairobi, where China's Wu Ashun was victorious last year.
2.00 PM LIVE **The Players Championship** Coverage of the third day's play of the prestigious tournament from TPC Sawgrass in Ponte Vedra Beach, Florida.
11.30 **PGA Tour Classic** Highlights from the 2001 Players Championship, which was staged at TPC Sawgrass in Florida.
12.30 AM **Golf Academy** Swing tips.
1.00 **The Players Championship** Highlights of the third day.
2.00 **to 6.00** AM LIVE **Golf** Coverage of day four of the Women's Asian Amateur Golf Championship from Singapore Island Country Club.

BT Sport 1

413 413 870 | 527 | 408 430

6.30 AM **ESPN FC** Football news.
7.00 **Serie A** Spezia v Inter Milan.
8.00 **Scottish Football Extra**
8.30 **WWE SmackDown**
10.00 **Early Kick-Off**
10.30 **The Football's On**
11.30 LIVE **Premier League Bournemouth v Liverpool.** Coverage of the match at Vitality Stadium. Kick-off **12.30pm**.
3.00 PM **BT Sport Score**
5.00 LIVE **Vanarama National League Notts County v Dorking Wanderers.** Coverage of the non-league match at Meadow Lane. Kick-off **5.20pm**.
7.30 LIVE **Serie A Bologna v Lazio.** Coverage of the match at Stadio Renato Dall'Ara. Kick-off **7.45pm**.
9.45 **WWE SmackDown**
11.15 **Serie A** Empoli v Udinese.
12.15 AM **Ligue 1** Auxerre v Rennes.
1.15 **UEFA Champions League Magazine** News and action.
1.45 **UEFA Europa League Highlights Show**
2.45 **Test Cricket Highlights**
3.45 **to 6.00** AM LIVE **Test Cricket India v Australia.** Coverage of day four of the fourth and final Test at Narendra Modi Stadium.

BT Sport 2

414 414 871 | 528 | 409 431

12.00 NOON **ESPN FC** Football news.
12.30 PM **Hockey** India v Germany in the Men's FIH Pro League.
1.30 LIVE **Hockey Australia v Germany.** The Men's FIH Hockey Pro League match in Rourkela, India. Push-back **1.40pm**.
3.30 **Cricket Classics**
4.00 **Test Cricket Highlights**
5.00 **Chip Shot Challenge**
5.15 LIVE **Serie A Napoli v Atalanta.** Coverage of the Italian match at Stadio Diego Armando Maradona, joined in progress.
7.00 **Test Cricket Highlights**
8.00 **Hockey** Australia v Germany.
9.00 LIVE **UFC** The preliminary bouts for UFC Fight Night 221.
11.00 LIVE **UFC Petr Yan v Merab Dvalishvili.** Coverage of the bantamweight bout at The Theater at Virgin Hotels in Las Vegas.
2.30 AM **UFC** A look back at UFC 278.
3.00 **BT Sport Reload**
3.30 **UEFA Champions League Magazine** News and action.
4.00 **to 6.00** AM LIVE **Isuzu UTE A-League Melbourne Victory v Brisbane Roar.** Coverage from AAMI Park. Kick-off **4.00am**.

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM LIVE **Isuzu UTE A-League Central Coast Mariners v Macarthur FC.** The Australian top-flight match at Central Coast Stadium. Kick-off **6.00am**.
8.00 **Premier League Preview**
8.30 **Around The Block**
8.45 LIVE **Isuzu UTE A-League Newcastle Jets v Adelaide United.** Coverage of the Australian top-flight match, which takes place at McDonald Jones Stadium. Kick-off **8.45am**.
10.45 **Badminton Unlimited**
11.00 LIVE **Badminton** Coverage of the semi-final matches in the German Open, the BWF Super 300 event, which takes place in Muelheim an der Ruhr.
7.30 PM **UEFA Champions League Magazine** News and action.
8.00 LIVE **Ligue 1 Brest v Paris Saint-Germain.** Coverage of the French top-flight match at Stade Francis-Le Ble. Kick-off **8.00pm**.
10.00 PM **to 6.00** AM LIVE **Test Cricket New Zealand v Sri Lanka.** The fourth day of the first Test in the two-match series from Hagley Oval in Christchurch.

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM LIVE **Super Rugby Hurricanes v Blues.** Coverage of the match, held at Sky Stadium in Wellington. Kick-off **6.05pm**.
8.00 **The Rugby Championship**
8.30 LIVE **Super Rugby Brumbies v Queensland Reds.** Coverage of the match at GIO Stadium in Canberra. Kick-off **8.35am**.
10.30 **Rugby Greatest Games**
10.40 **My Icon** Maggie Alphonsi.
10.55 LIVE **Super Rugby Western Force v Moana Pasifika.** Coverage of the match at HBF Park in Perth. Kick-off **11.00am**.
1.00 PM **NFL Bitesize Highlights**
2.00 **British Basketball**
4.15 **Top Rank Boxing Archive** Davey Moore v Roberto Duran.
5.00 **Fight Night International** A chance to see Jamel Herring v Shakur Stevenson from 2021.
6.00 LIVE **Fight Night Tony Yoka v Carlos Takam.** Coverage of the heavyweight bout, staged at Zenith de Paris-La Villette in Paris.
11.00 **Top Rank Boxing Archive**
1.30 AM **Fight Night International**
2.30 **to 6.00** AM **Premier League Darts**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **Inside the WSL**
6.30 **Netball Superleague** A rerun of Team Bath v Surrey Storm.
8.30 **My Icon** Double bill.
8.50 LIVE **Women's Pakistan Super League Super Women v Amazons.** The exhibition match at Rawalpindi Cricket Stadium.
1.00 PM **NBA Action** The latest news.
1.30 **My Icon** Double bill.
1.50 LIVE **Pakistan Super League Quetta Gladiators v Multan Sultans.** Coverage of the match at Rawalpindi Cricket Stadium.
6.00 **Inside the WSL**
6.30 **NBA Basketball** Memphis Grizzlies v Golden State Warriors.
8.30 **NBA on Fire**
9.00 LIVE **NBA Basketball Los Angeles Clippers v New York Knicks.** Coverage of the inter-conference match at Crypto.com Arena. Tip-off **9.00pm**.
11.30 **Netball Superleague** A rerun of Team Bath v Surrey Storm.
1.30 AM **British Basketball** Another chance to see Manchester Giants v London Lions in the BBL.
3.45 **Super League Highlights**
5.00 **Premier League Stories**
5.30 **to 6.00** AM **Inside the WSL**

BT Sport 4

423 423 876 | 530 | 411 434

6.30 AM **Premiership Rugby Union** Northampton Saints v Bath.
8.00 **ESPN FC** Football news.
8.30 **College Basketball** Action from the Big 12 semi-final matches.
12.00 NOON **College Basketball** The ACC semi-final games.
3.30 PM **What Went Down**
4.00 **EuroCup Basketball**
5.00 **College GameDay**
6.00 LIVE **College Basketball** Coverage of the first Southeastern Conference semi-final match.
8.30 LIVE **College Basketball** The second SEC semi-final match.
11.00 LIVE **College Basketball** Coverage of the Big 12 Championship match.
1.30 AM LIVE **College Basketball** Coverage of the Atlantic Coast Conference Championship match.
3.30 LIVE **College Basketball** The Pac-12 Championship match.
5.30 **to 6.00** AM **BT Sport Reload**

Eurosport 1

410 410 868 | 521 | 412 435

6.00 AM **Alpine Skiing**
6.15 **Ski Jumping** From Oslo, Norway.
7.15 **Alpine Skiing** From Are, Sweden.
8.15 LIVE **Alpine Skiing** Coverage from Kranjska Gora in Slovenia.
9.30 LIVE **Alpine Skiing** The World Cup meeting in Are, Sweden.
11.00 LIVE **Alpine Skiing** Coverage from Kranjska Gora in Slovenia.
12.30 PM LIVE **Alpine Skiing** The World Cup meeting in Are.
1.30 LIVE **Ski Jumping** The World Cup meeting in Oslo, Norway.
3.25 LIVE **Biathlon** The World Cup meeting from Ostersund, Sweden.
5.00 LIVE **Ski Jumping** From Oslo.
6.30 **Biathlon** In Ostersund, Sweden.
7.30 **Alpine Skiing** Highlights.
9.30 **SailGP** From Sydney, Australia.
10.00 **Cycling: Tirreno-Adriatico**
11.00 **Cycling: Paris-Nice** Stage seven.
12.01 AM **Alpine Skiing** Kranjska Gora.
2.00 **Snooker: World Championship**
4.00 **to 6.00** AM **Cycling**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Discovery Golf**
6.30 **Snooker: Six-Red World Championship** Highlights.
8.00 LIVE **Snooker: Six-Red World Championship** The final in Bangkok, Thailand.
12.00 NOON LIVE **Cycling: Paris-Nice** Coverage of stage seven from Nice to Col de la Couillole.
2.00 PM LIVE **Cycling: Tirreno-Adriatico** Coverage of stage six from Osimo Stazione to Osimo.
3.45 **Athletics: Tokyo Marathon**
5.00 **Cycling: Omloop Het Nieuwsblad** From Belgium.
6.00 **FIA World Endurance Championship** Six Hours of Fuji.
8.00 **Cycling: Tirreno-Adriatico**
9.00 **Cycling: Paris-Nice**
10.00 **World Superbikes**
12.00 M'T **Cycling: Tirreno-Adriatico**
1.00 AM **Cycling: Paris-Nice**
2.00 **British Superbikes**
3.00 **British Superbikes Extra**
4.00 **to 6.00** AM **Alpine Skiing**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
8.00 **Super League Superstars**
8.30 LIVE **NRL Melbourne Storm v Canterbury-Bankstown Bulldogs.** Coverage of the match at AAMI Park. Kick-off **8.35am**.
10.30 **Premier League Darts**
2.00 PM **Netball Superleague**
4.00 **Super League Highlights**
4.30 **NBA Basketball** Sacramento Kings v New York Knicks. **6.30** A chance to see Memphis Grizzlies v Golden State Warriors.
8.30 **NBA on Fire**
9.00 LIVE **NBA Basketball Los Angeles Clippers v New York Knicks.** Coverage of the match at Crypto.com Arena. Tip-off **9.00pm**.
11.30 **NBA Action** The latest news.
12.00 M'T **NBA Basketball**
1.30 AM LIVE **NBA Basketball Golden State Warriors v Milwaukee Bucks.** From Chase Centre. Tip-off **1.30am**.
4.00 **to 6.00** AM **NBA Basketball**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Indycar** The Grand Prix of St. Petersburg qualifying session.
12.15 PM **F1 Feature**
12.30 **Indycar** A rerun of the Grand Prix of St. Petersburg on the Streets of St. Petersburg Circuit.
3.00 **Formula 2** A rerun of the Bahrain Grand Prix sprint race in Sakhir. **4.15** Action from the Bahrain Grand Prix feature race at Bahrain International Circuit in Sakhir.
5.30 **F1 Feature**
6.00 **Formula 3** Action from the Bahrain Grand Prix sprint session. **7.00** The Bahrain Grand Prix feature session from Sakhir.
8.00 **F1 Feature**
8.30 **The Notebook**
9.00 **Formula 1** A rerun of the Bahrain Grand Prix in Sakhir.
11.15 **The Notebook**
11.45 **F1 Feature**
12.00 M'T **Formula 1**
1.00 **to 6.00** AM **Best of 2022**

Sunday

12 March

Evening Planner

Rugby Union

Six Nations
BBC1, 2.15pm
Ireland remain unbeaten so far and their Grand Slam hopes continue today as they travel to Scotland (kick-off 3pm).

Nature

Wild Isles
BBC1, 7pm
Sir David Attenborough celebrates the beautiful wildlife found here in the British Isles in this new four-part series.

Crime Drama

Endeavour
ITV1, 8pm
In the last-ever episode of the crime drama, Morse investigates a series of cryptic messages sent to the local paper.

Awards

The 95th Academy Awards
Sky Showcase, from 11pm
And the Oscar goes to... Jimmy Kimmel hosts the highlight of the awards calendar from the Dolby Theatre in LA.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Wild Isles		8.00 Antiques Roadshow		9.00 The Gold		10.00 News	10.30 Match of the...
102 BBC2	7.00 Amazing Hotels: Life Beyond the Lobby		8.00 Paul Whitehouse: Our Troubled Rivers		9.00 We Need to Talk About Cosby		10.00 Film: Mr. Jones	
103 ITV1	◂ 6.30 Dancing on Ice		8.00 Endeavour				10.00 News	10.20 Morse and the Last...
104 CHANNEL 4	7.00 Crufts 2023: Best in Show				9.00 The Great Pottery Throw Down: The Final		10.15 Gogglebox	
105 CHANNEL 5	◂ 6.30 When Holidays Go Horribly Wrong		8.00 22 Kids & Counting		9.00 Britpop: The Music That Changed Britain			10.30 Oasis: Live
106 SKY SHOWCASE	◂ 6.30 Football: WSL – Live: Arsenal v Reading (Kick-off 6.45)				9.00 S.W.A.T.		10.00 NCIS: Los Angeles	
ENTERTAINMENT								
115 BBC3	7.00 EastEnders			8.30 Scarlett's...	9.00 Go Hard or Go Home		10.00 Film: Kick-Ass 2	
116 BBC4	7.00 Come Dancing	7.55 Nature: The Classical Collection			9.00 Tartuffe			
118 ITV2	◂ 6.55 Film: Yes Man				9.00 Love Island		10.00 Love Island: Aftersun	
136 MORE4	◂ 6.55 Come Dine with Me		8.00 Emergency Helicopter Medics		9.00 24 Hours in A&E		10.00 24 Hour Baby Hospital	
135 E4	◂ 6.25 Film: Indiana Jones and the Last Crusade				9.00 Film: The Inbetweeners 2			
107 SKY WITNESS	7.00 Blue Bloods		8.00 The Equalizer		9.00 The Rookie: Feds		10.00 The Rookie	
108 SKY ATLANTIC	◂ 6.45 Succession				9.00 The Last of Us		10.05 Yellowjackets	
110 GOLD	◂ 6.30 Only Fools and Horses			8.20 Dad's Army	9.00 The Vicar of Dibley			10.20 Coupling
111 DAVE	7.00 Special Ops: Crime Squad UK		8.00 World's Most Dangerous Roads		9.00 Have I Got a Bit More News for You		10.00 Live at the Apollo	
119 ITV3	7.00 Rosemary & Thyme		8.00 Long Lost Family		9.00 Joanna Lumley's Home Sweet Home...		10.00 Larry Grayson: Shut That Door!	
120 ITV4	7.00 Cycling: Paris-Nice Highlights		8.00 Rugby Union: Premiership		9.00 Film: High Plains Drifter			
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Beverly Hills Cop			
139 SKY SCI-FI	7.00 Blood & Treasure				9.00 Film: The Last Witch Hunter			
113 SKY MAX	7.00 Fringe		8.00 SEAL Team		9.00 S.W.A.T.		10.00 NCIS: Los Angeles	
132 ALIBI	7.00 Murdoch Mysteries		8.00 Father Brown		9.00 Death in Paradise		10.00 CSI: Vegas	
130 SKY ARTS	◂ 6.00 Cirque du Soleil: Volta		8.00 Alfred Hitchcock Presents		9.00 Dolly Parton: Song by Song	9.50 Women Who Rock		
DOCUMENTARY								
125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Dirty Jobs		10.00 Diesel Brothers	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Celebrity Animal Encounters		9.00 The Crocodile Hunter: Best of Steve...		10.00 Alaska Monsters	
129 NAT GEO	7.00 Car S.O.S.		8.00 Airport Security: Rome		9.00 Trafficked with Mariana Van Zeller		10.00 Air Crash Investigation	
123 SKY HISTORY	7.00 Secrets of Great British Castles				9.00 Extraordinary: The Revelations			
155 YESTERDAY	7.00 Bangers and Cash		8.00 'Allo 'Allo!				10.05 Hornby: A Model World	
121 SKY DOCS	◂ 6.50 Sergio Leone: The Italian Who Invented America				9.00 Who Killed the KLF?			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.55 To Leslie		8.00 Where the Crawdads Sing				10.10 Elvis	
310 HITS	◂ 6.00 Looper		8.00 King Richard					10.30 Shaft
304 OSCARS	◂ 6.15 Belfast		8.00 Kramer vs Kramer			9.50 Top Gun: Maverick		
305 ANIMATION	◂ 5.40 Minions	7.25 The Hero of Colour City		8.45 Birds of a Feather				10.30 Lego Batman...
306 FAMILY	◂ 5.25 School...	7.25 Bandslam			9.25 Ghostbusters			
307 ACTION	◂ 5.35 The Amazing Spider-Man		8.00 Spider-Man: Into the Spider-Verse				10.10 Hellboy II: The Golden Army	
308 COMEDY	◂ 6.00 White Chicks		8.00 Blades of Glory			9.50 In & Out		
309 THRILLER	◂ 5.45 The Fugitive		8.00 Side Effects			9.50 Prisoners		
303 WOMEN IN FILM	◂ 6.15 The First Wives Club		8.00 Sleepless in Seattle			9.50 Ghost		
311 SCI-FI	◂ 6.05 After Earth		8.00 Ender's Game				10.00 Aeon Flux	
302 BEST OF 80S	◂ 6.20 Legend		8.00 Batman				10.10 The Running Man	
313 FILM4	◂ 6.50 Bend It Like Beckham				9.00 Terminator: Dark Fate			
315 TCM MOVIES	7.00 The Outriders				9.00 Absolute Power			
SPORT								
401 MAIN EVENT	7.00 The Players Championship Live – Coverage of the final day's play from TPC Sawgrass, Florida.							10.30 NBA...
402 PREMIER LEAGUE	◂ 4.00 Super...	7.30 Football: WSL – Live: Arsenal v Reading (Kick-off 6.45)				9.30 Newcastle...	10.00 Premier League Highlights	
403 FOOTBALL	◂ 6.30 Football: WSL – Live: Arsenal v Reading (Kick-off 6.45)					9.30 Division 1 Feminine		
404 CRICKET	7.00 International T20 Cricket		8.00 Pakistan Super League				10.00 WPL	
413 BT SPORT 1	7.00 Golazzo Live	7.45 Serie A – Live: Juventus v Sampdoria (Kick-off 7.45)					10.00 UEFA Europa League & Conference...	
414 BT SPORT 2	7.00 UEFA...	7.30 Ligue 1 – Live: Marseille v Strasbourg (Kick-off 7.45)					10.00 CBB: Selection Sunday – Live	

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
7.35 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning Live** (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition Meeting the stonemasons of Gloucester Cathedral. (S)
1.50 **The Bidding Room** Items include an art deco cinema seat. (S)(R)
2.15 LIVE **Rugby Union: Six Nations** Scotland v Ireland: Gabby Logan presents coverage of the final match in the fourth round of fixtures from BT Murrayfield. Kick-off is at 3.00. (S)
5.25 **BBC News** (S)
5.40 **Local News** (S)

9.00 The Gold

6 PM

5.50 **Countryfile** New edition Charlotte Smith discovers how cuts are affecting management of Dartmoor, and catches up with author Guy Shrubsole to discover a rare rainforest in the UK. (S)

7 PM

7.00 NEW SERIES **Wild Isles** 1/5. David Attenborough explores British wildlife habitats, revealing the surprising and dramatic wildlife that exists right on our doorstep. *See feature, page 20.* (S)(AD)

8 PM

8.00 **Antiques Roadshow** New edition Fiona Bruce presents from Belmont House in Kent, where she encounters a disguised Michael McIntyre preparing a prank for his Saturday night show. (S)(AD)

9 PM

9.00 **The Gold** New episode 5/6. The police find details of a foreign bank account laundering Brink's-Mat proceeds, and Boyce is sent to Switzerland on a mission to learn who controls it. (S1) (S)

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day 2** Mark Chapman reviews the day's Premier League action, including Fulham v Arsenal and Manchester United v Southampton. (S)
11.45 **The Women's Football Show** The weekend's games, including Chelsea v Manchester United, Arsenal v Reading and Brighton & Hove Albion v Manchester City. (S)
12.30 AM **Bill Bailey: Larks in Transit** At the Royal Opera House. (S)(R)
1.30 **Question of Sport** (S)(R)
1.55 **Weather for the Week Ahead** Seven-day forecast. (S)
2.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.35 AM **Sunday Morning Stories** (S)(R)
7.05 **Gardeners' World** (S)(R)
8.05 **Countryfile** (S)(R)
9.00 **Life in a Cottage Garden with Carol Klein** (S)(R)(AD)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **Rick Stein's Cornwall** (S)(R)(AD)
11.30 **The A to Z of TV Cooking** (S)(R)
12.15 PM LIVE **Football: Women's Super League** Chelsea v Manchester United: The top-flight encounter from Kingsmeadow. Kick-off is at 12.30. (S)
2.40 FILM **The Third Man** Thriller starring Orson Welles. (S)(AD) (1949, PG, 100min) ★★★★★
4.20 **Interior Design Masters with Alan Carr** A London-based makeover challenge. (S)(R)(AD)
5.20 **Flog It!** From Nottingham. (S)(R)

8.00 Our Troubled Rivers

6.00 **Six Nations Highlights** The key moments from the penultimate weekend of the championship, featuring England v France, Italy v Wales and Scotland v Ireland. (S)

7.00 **Amazing Hotels: Life Beyond the Lobby** 5/6. Monica Galetti and Giles Coren visit the Yorkshire Dales to work at the Swinton Estate, the ancestral home of Lord and Lady Masham. (S)(R)(AD)

8.00 **Paul Whitehouse: Our Troubled Rivers** Series finale 2/2. Paul visits the River Wye and discovers how fertiliser run-off from farming is affecting its habitats. (S)(AD)
■ Entire series on BBC iPlayer

9.00 **We Need to Talk About Cosby** New edition 2/4. W Kamau Bell examines how the actor and comedian built his reputation in the 1970s as a trustworthy figure. (S)

10.00 FILM PREMIERE **Mr. Jones** Fact-based drama starring James Norton. In 1933, a Welsh journalist travels to Moscow to interview Stalin, but instead uncovers a devastating famine in Ukraine. (S) (2019, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 **Murder in the Pacific** 2/3. The investigation into the sinking of the *Rainbow Warrior*. (S)(R)(AD)
12.35 AM **Our Flag Means Death** 10/10. Stede vows to make things right with his wife. (S1) (S)(R)(AD)
1.15 **Dave** 8/10. Comedy. (S1) (S)(R)
1.40 **Sign Zone: Question Time** (S)(R)
2.40 **Sign Zone: Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
3.40 **to 6.15** AM **Previews** (S)

ITV1

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **CITV**
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition With actor Duncan Preston and theatre star Bonnie Langford. (S)
11.25 **James Martin's Saturday Morning** With Ward Thomas. (S)(R)
1.35 PM **ITV News** (S)
1.40 **The Masked Singer US** (S)(R)(AD)
2.40 **You've Been Framed!** (S)(R)
3.10 FILM **Mr Popper's Penguins** Family comedy starring Jim Carrey and Carla Gugino. A high-flying Manhattan real estate agent inherits a group of penguins. (S) (AD) (2011, PG, 110min) ★★★
5.00 **Celebrity Lingo** Michelle Visage, Vernon Kay, Ranj Singh, Jenny Ryan, Axel Blake and Ellie Taylor take part in the game show. (S)(R)

6.30 Dancing on Ice

6.00 **ITV News** (S)
6.15 **Local News** (S)
6.30 **Dancing on Ice** Series finale 9/9. Phillip Schofield and Holly Willoughby host the grand final of the skating challenge, with the remaining three celebrities and their partners performing their takes on Torvill and Dean's iconic *Bolero* routine. (S)

8.00 **Endeavour** Series finale *Exeunt:* 3/3. In the final-ever episode of the crime drama, a series of death notices in the Oxford Mail, each with a cryptic message, provides clues to an investigation, while Thursday's past catches up with him. *See feature, page12.* (S)(AD)

10.00 **ITV News** (S)
10.20 NEW **Morse and the Last Endeavour** Documentary marking the end of the line for the Oxford detective, exploring the global appeal of the original *Inspector Morse* series and its spin-offs *Lewis* and *Endeavour*. (S)(AD)
11.10 **Rugby Union: Premiership** Action from the 20th round of fixtures, including Gloucester v Leicester Tigers. (S)
12.05 AM **Shop: Ideal World**
3.00 **The Widow** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jeremy Pang's Asian Kitchen** (S)(SL)(R)(AD)

+1 hour | 203 | 114 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM FILM **Snoopy and Charlie Brown: The Peanuts Movie** Animated comedy. (S)(AD) (2015, U, 90min) ★★★
7.40 **The Simpsons** (S)(R)(AD)
9.30 **Sunday Brunch** New edition Fred Sirieix chats about his new E4 show, *Fred's Last Resort*. (S)
12.30 PM **The Simpsons** (S)(R)(AD)
1.20 **The Dog House** A couple want to rescue a dog in need. (S)(R)(AD)
2.25 **The Dog House** A border collie displays an impressive array of tricks to find an owner. (S)(R)(AD)
3.30 **Crufts** New edition Clare Balding and Sophie Morgan present coverage, featuring the culmination of the Flyball competition, and Radzi Chinyanganya is in the main arena for the Agility finals. (S)
■ Concludes at 7.00pm

9.00 The Great Pottery Throw Down

6.00 **News** (S)
6.15 **The Andrew Neil Show** Political discussion show featuring guests from across the political spectrum. (S)

7.00 **Crufts: Best in Show** Series finale Clare Balding presents coverage of the Best in Show final at the NEC in Birmingham. Prior to the dog show's climax, the last two contenders will be chosen in the judging of the Utility and Toy Groups. With commentary from Frank Kane, Alison Mitchell and Laura Crombie. (S)

9.00 **The Great Pottery Throw Down: The Final** Series finale 10/10. Siobhán McSweeney hosts the grand final, with the three remaining contestants creating a stacking, pyramid vase centrepiece and a sgraffito globe. (S)(AD)

10.15 **Gogglebox** The armchair critics are back to tuck into their takeaways while sharing their thoughts on the best of the week's TV and streaming output. (S)(R)(AD)
11.15 **First Dates** A Bristol woman seeks a man who will accept her and her snake. (S)(R)(AD)
12.15 AM NEW SERIES **Walter Presents: Inspector Ricciardi** *Il Senso del Dolore:* 1/10. Italian drama. (S1)
2.15 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
3.05 **Come Dine with Me** (S)(R)(AD)
5.15 **to 6.10** AM **Location, Location, Location** (S)(R)

+1 hour | 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

6.00 AM **Milkshake!**
9.45 **The Smurfs** New episode (S)
10.00 **SpongeBob SquarePants** (R)
10.05 **Entertainment News** (S)
10.10 **Friends** 20&21/25. (S6) (S)(R)
11.05 FILM **All Creatures Great and Small** Comedy drama based on the novels of James Herriot, starring Simon Ward. (S) (1974, PG, 115min) ★★★
1.00 PM FILM **My Fair Lady** Musical starring Audrey Hepburn and Rex Harrison. A professor of phonetics wagers that he can teach a cockney flower girl to speak like a duchess. (S) (1964, U, 215min) ★★★★
4.35 **Ant & Dec's 30 Greatest Moments** A countdown of clips celebrating the double act's on-screen partnership. (S)(R)

9.00 Britpop: The Music That...

6.25 **News** (S)
6.30 **When Holidays Go Horribly Wrong** A selection of disastrous excursions, featuring a visit to the zoo that ended in horror when a young family encountered an escaped chimpanzee. Plus, a day at a safari park turns to a walk on the wild side as duelling camels cause £6,000 of damage to a car. (S)(R)
8.00 **22 Kids & Counting** Series finale 10/10. The Radfords reflect on why they have such a big family and Noel discovers more about his birth parents. (S)
9.00 NEW SERIES **Britpop: The Music That Changed Britain** 1/4. Documentary charting the birth, rise and fall of the music culture movement that put the focus on Britishness, looking at the fortunes and rivalries of Blur, Oasis, Suede and Elastica. (S)
10.30 **Oasis: Live** A 2001 concert by the band at Glasgow's Barrowland Ballroom. (S)(R)
11.50 **Britain's Favourite 90s Hits** Chart countdown celebrating the biggest-selling singles of the 1990s, as well as the most memorable pop videos. (S)(R)
1.40 AM **The LeoVegas Live Casino Show** Interactive gambling. (S)
3.40 **The Gypsies Next Door** Double bill of the series. (S)(R)
5.15 **to 6.00** AM **World's Busiest Train Stations** (S)(SL)(R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **Where's Wally** (S)(R)
8.05 **The Simpsons** (S)(R)
9.00 **Shark Squad** Triple bill. (S)(R)
12.00 NOON **Uptown Otters** (S)(R)
1.00 PM **David Attenborough's Galapagos** (S)(R)(AD)
2.00 **The Simpsons** *Lisa the Simpson:* Lisa fears she is destined to be stupid. (S)(R) **2.30** *This Little Wiggy:* Bart is forced to befriend Ralph. (S)(R) **3.00** New episode *Game Done Changed:* Bart finds a profitable glitch in an online game. (S)
3.30 **The Equalizer** 3/10. (S3) (R)
4.30 **The Oscars' Most Iconic Moments** Infamous outfits, speeches and moments. (R)
5.30 **Arctic from Above** 2/3. Liz Bonnin reveals insights on the wildlife of the region. (S)(R)

9.00 S.W.A.T.

6.30 LIVE **Football: WSL** Arsenal v Reading: Coverage of the Women's Super League match at Meadow Park. Kick-off is at 6.45.
9.00 **S.W.A.T.** New episode *Guacaine:* When violence erupts at a food festival, the team must contend with a deadly cartel determined to recover a lost drug shipment. (S6) (S)
10.00 **NCIS: Los Angeles** New episode *Let It Burn:* 8/20. The team investigate an arson attack at a naval defence contractor, and Kilbride gives Callen files on Pembrook. (S14) (S)
11.00 NEW **Oscars: Red Carpet** News straight from the 95th Academy Awards' red carpet.
12.00 M'T NEW **Oscars: The 95th Annual Academy Awards** Coverage of the ceremony at the Dolby Theatre in Los Angeles. *See feature, page 11.*
3.00 AM **Road Wars** (S)(R)
4.00 **Nothing to Declare** (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
10.00-10.30am The Sunday Show New edition (S) **11.45pm** Sportscene: Scottish Cup Highlights (S)(R) **12.30am** The Women's Football Show (S) **1.15** Bill Bailey: Larks in Transit (S)(R) **2.15** Question of Sport (S)(R) **2.40** Weather for the Week Ahead (S) **2.45-6.00am** BBC News (S)

N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
10.30pm FILM An Irish Goodbye (S) (2022, 25min) **10.55** Match of the Day 2 (S) **12.10am** The Women's Football Show (S) **12.55-1.30am** Have I Got News for You (S)(R)

WALES
Sky **952**, Virgin **864**, Freesat **964**
10.00-10.30am Politics Wales (S) **11.30** The Repair Shop (S)(R)(AD) **12.30-1.00pm** Legends of Welsh Sport: Tanni Grey-Thompson (S)(R)

BBC2

N. IRELAND
Sky **972**, Freesat **969**
11.50pm Sunday Politics Northern Ireland (S)(R) **12.20-12.35am** The Chronicles of Mourne New edition (S)

WALES
Sky **971**, Freesat **971**
6.00pm Scrum V Six Nations Special **7.00-8.00pm** Back in Time for Birmingham (S)(R)

ITV1

As main ITV1 except:
No variations

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **8.50** Penblwyddi Cyw New edition **9.00** Iolo: Deifio yn y Barrier Reef **10.00** Y Cosmos **11.00** Dechrau Canu Dechrau Canmol **12.00noon** Yr Wythnos New edition **12.30pm** Bwrdd i Dri **1.00** Stori'r Iaith: Lisa Jên **2.00** Sain Ffagan **2.30** Gwesty Aduniad **3.25** Cefn Gwlad (AD) **4.25** Clwb Rygbi Rhyngwladol **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** NEW Ysgoloriaeth Bryn Terfel Urdd Gobaith Cymru 2023 **9.30** Cymry ar Gynfas **10.00** Teulu, Dad a Fi (AD) **11.00-11.35pm** Darn Bach o Hanes (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/141 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Triple bill, including at: **8.00** Stacey has an accident at her new job.
8.30 **Scarlett's Driving School** 3/10. A 25-year-old aims to pass her first driving test after eight years of lessons.
9.00 **Go Hard or Go Home** New edition 8/10. With the final in sight, the temperature starts to rise.
10.00 FILM **Kick-Ass 2** Comic-book action thriller sequel starring Aaron Johnson and Chloë Grace Moretz. The crime-fighters come under threat from a dead mobster's son. (2013, 15, 99min) ★★★
11.35 NEW SERIES **Search Party** 1&2/10. Comedy starring Alia Shawkat. (S3)
12.20 AM **Go Hard or Go Home**
1.20 **The Pig Butchering Romance Scam**
2.10 **James Arthur: Out of Our Minds**
3.10 **to 3.55** AM **Tonight with Target**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Come Dancing** The North East compete against the North West in Glasgow. From 1977.
7.40 **BBC Proms Encores** Martha Argerich performs a piece by Schubert.
7.55 **Nature: The Classical Collection** 6/6. Some of the best-loved classical pieces inspired by nature and the living planet.
9.00 NEW **Tartuffe** Molière's comedy *Tartuffe*, produced by the Birmingham Rep, about a wealthy merchant who makes the mistake of extending the hand of hospitality toward a swindler and hypocrite.
11.10 **Clive James: Postcard from Miami** Travel series.
12.00 M'T **Scandalous! The Tabloid that Changed America: Storyville**
1.35 AM **Africa with Ade Adepitan** Documentary.
2.35 **to 3.35** AM **Chris Packham's Animal Einsteins**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke**
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Come Dine with Me**
2.40 PM **Four in a Bed**
5.20 **Come Dine with Me** A hairdresser hosts the first dinner party in the Crewe and Nantwich area. **5.55** A housewife hosts a glamorous evening for the second party of the week.
6.25 **Come Dine with Me** A landscape gardener serves up fine food. **6.55** A student tries to woo her guests with her menu and a musical performance. **7.25** A hypnotherapist hosts a rock-night theme.
8.00 **Emergency Helicopter Medics** A paraglider crashes on the Cumbrian coast.
9.00 **24 Hours in A&E** A 22-month-old girl is rushed to A&E after being kicked in the head by a horse.
10.00 **24 Hour Baby Hospital** A couple return to the Rotunda three years on.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **24 Hours in A&E**
1.15 **24 Hour Baby Hospital**
2.20 **Emergency Helicopter Medics** Documentary.
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
8.30 **Married at First Sight Australia** Dating series.
11.30 **Ramsay's Kitchen Nightmares USA**
1.30 PM **The Big Bang Theory** Eight episodes, including at: **4.15** 20/24. Raj discovers a secret about Howard. **4.45** 21/24. Raj prepares for a date with Emily. (S7)
5.10 **Lego Masters Australia** New edition The teams build visions of the future seen through window frames.
6.25 FILM **Indiana Jones and the Last Crusade** Action adventure starring Harrison Ford and Sean Connery. Indiana Jones takes on the Nazis when he goes in search of his father who has disappeared while searching for the Holy Grail. (1989, PG, 127min) ★★★★★
9.00 FILM **The Inbetweeners 2** Comedy sequel starring Simon Bird and James Buckley. The awkward teenagers find university does not live up to their expectations, and go to Australia in search of fun. (2014, 15, 92min) ★★
11.00 **The Inbetweeners** Six episodes of the comedy.
2.20 AM **Naked Attraction**
3.15 **The Inbetweeners** 1/6. The gang go to Swanage. (S2)
3.45 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235 | 146 | 30 | 123

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **UK Border Force**
7.00 **Nothing to Declare UK**
8.00 **Border Patrol**
11.00 **The Real A&E**
12.00 NOON **Air Ambulance ER**
1.00 PM **Sun, Sea and A&E**
2.00 **Nothing to Declare** Ten editions, including at: **5.30** A group of foreigners make a daring escape. **6.00** A passenger who is carrying clumps of human hair becomes hysterical. **6.30** Officers are shocked to discover a foetus in the mail.

7.00 Blue Bloods

7 PM

7.00 **Blue Bloods** *Keeping the Faith:* 1/16. Eddie and Jamie deal with an abuse case linked to Danny and Baez's investigation. (S13)

8 PM

8.00 **The Equalizer** *Better Off Dead:* 3/10. A widow believes her husband is trying to kill her from beyond the grave. (S3)

9 PM

9.00 **The Rookie: Feds** *Felicia:* 5/22. Elena's fashion splurge cracks open an unsolved murder mystery. (S1)

10 PM

10.00 **The Rookie** *The Reckoning:* 6/17. Nolan and Celina investigate a cash deposit linked to an old DEA case. (S5)
11.00 **Chicago Med** (S8)
12.00 M'T **Chicago Fire** (S11)
1.00 AM **Chicago PD** (S10)
2.00 **Road Wars** Officers investigate a gang mugging that left a man with a broken nose.
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 163

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Triple bill.
9.00 **The Affair** 2–6/10. (S1)
2.25 PM **Ray Donovan** 6/10. Things start to heat up between Molly and Ray. (S7)
3.30 **Succession** 6/10. Roman and Kendall try to sway the board. **4.35** 7/10. The Roys gather for a family therapy session. **5.40** 8/10. Tom has a bachelor party to remember. **6.45** 9/10. The Roy family assemble at an English castle for a wedding. (S1)

10.05 Yellowjackets

7.50 **Succession** *Nobody Is Ever Missing:* 10/10. Logan and his team are in defence mode as word of the Waystar takeover bid spreads. (S1)

9.00 **The Last of Us** 8/9. A smuggler is tasked with escorting a teenage girl across a post-apocalyptic United States. (S1)

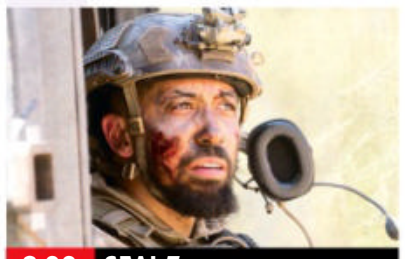
10.05 **Yellowjackets** *No Compass:* 7/10. As starvation looms, Taissa leads a last-ditch effort and suicide mission. (S1)
11.10 **Yellowjackets** 8/10. (S1)
12.15 AM **In Treatment** 6/24. (S4)
12.45 **Watchmen** 9/9. (S1)
2.00 **The Last of Us** Series finale 9/9. Drama starring Pedro Pascal and Bella Ramsey. (S1)
3.00 **Game of Thrones** 10/10. (S5)
4.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **DC's Legends of Tomorrow** 12–15/16. (S4)
10.00 **The Oscars: Who Will Win?**
11.00 **NCIS: New Orleans** Five episodes, including at: **3.00** PM 11/20. Sebastian becomes unreachable while undercover. (S6)
4.00 **The Oscars' Most Iconic Moments** Clara Amfo looks at unforgettable moments.
5.00 **Fringe** 17/21. A suicide incident takes place. **6.00** 18/21. A serial killer is on the loose in Boston. (S1)


8.00 SEAL Team

7.00 **Fringe** *The Road Not Taken:* 19/21. Olivia explores a case in which a woman spontaneously combusted. (S1)

8.00 **SEAL Team** *Low-Impact:* 1/10. Bravo battle to survive a ambush, and the team come together to measure the cost. (S6)

9.00 **S.W.A.T.** New episode *Guacaine:* When violence erupts at a food truck festival, the team contend with a deadly cartel. (S6)

10.00 **NCIS: Los Angeles** New episode *Let It Burn:* 8/20. The team look into an arson attack at a naval defence contractor. (S14)
11.00 **A League of Their Own Road Trip: Southeast Asia** 4/6. Jamie and Micah are joined by Alan Carr, Joel Dommett and Emily Atack.
12.00 M'T **The Force: Manchester**
1.00 AM **Road Wars**
3.00 **NCIS: Los Angeles** 3/22. (S11)
4.00 **to 6.00** AM **Air Ambulance ER**

ITV2

118 118 816 | 115 | 6 | 113

6.00 AM **Totally Bonkers Guinness World Records**
6.35 **Love Bites**
9.25 **Dress to Impress**
11.30 **Catchphrase**
12.15 PM **Family Fortunes: Gino's Best Bits**
12.50 **In for a Penny**
1.15 FILM **Yogi Bear** Comedy. (2010, U, 80min) ★★★
2.55 FILM **The Lego Batman Movie** (2017, U) ★★★★
5.00 FILM **Matilda** Fantasy. (1996, PG, 98min) ★★★★

6.55 Yes Man

6.55 FILM **Yes Man** Comedy starring Jim Carrey. After attending a motivational seminar, a persistent naysayer vows to say yes to everything which throws his quiet life out of whack. (2008, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island** New edition It's the night before the live final and excitement is reaching fever pitch.

10.00 **Love Island: Aftersun** New edition Maya Jama is joined by superfans AJ Odudu, Indiyah Polack and Sam Thompson.
11.05 **Family Guy** 3/20. Quagmire decides to become a gigolo to earn some money. (S15)
11.35 **Family Guy** 16/20. (S14)
12.05 AM **American Dad!** (S4&3)
1.00 **All American** 4/16. (S2)
2.00 **Hey Tracey!**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Man About the House**
6.35 **Emmerdale Omnibus**
9.25 **Doc Martin** 3&4/7. (S3)
11.30 **Downton Abbey** 6&7/7. (S1)
2.00 PM **Downton Abbey** 1/9. Bates returns with a proposal for Anna, while Isobel has news about Matthew. **3.35** 2/9. Carson has a panic attack in front of the family. **4.45** 3/9. The wounded officers arrive at Downton. (S2)
6.00 **Rosemary & Thyme** 6/8. The duo find an abandoned baby under a gooseberry bush. (S3)

9.00 Home Sweet Home

7.00 **Rosemary & Thyme** 7/8. The duo visit a resort in Spain and investigate the sudden death of a tennis player. (S3)

8.00 **Long Lost Family** Two stories of people looking for missing relatives who were found much closer than they ever imagined.

9.00 **Joanna Lumley's Home Sweet Home: Travels in My Own Land** From North Wales to St Michael's Mount.

10.00 **Larry Grayson: Shut That Door!** Documentary exploring the entertainer's rise from poverty to fame.
12.05 AM **Upstairs, Downstairs** 11/13. Elizabeth embarks on an affair with an Armenian. **1.05** 12/13. Sarah's pregnancy is discovered. (S2)
2.20 **Man About the House** (S1)
3.25 **Emmerdale Omnibus**
5.50 **to 6.00** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **Sportscene: Scottish Cup Highlights** Action from the game between Rangers v Raith Rovers at Ibrox.
8.00 **The Adventure Show** Amy Irons and Lauren MacCallum explore Harris.
8.30 **City Lights** 2/6. A money-making scheme puts Willie's literary ambitions on hold. (S1)
9.00 NEW **Tuned in: 100 Years of Broadcasting in Scotland** How BBC Scotland has changed over the past 100 years.
10.00 **Still Game** 6/6. Victor feigns illness to gain some sympathy. (S3)
10.30 **Two Doors Down** 2/7. Beth and Eric look after Alan. (S6)
11.00 PM **to 12.00** M'T **Seven Days**

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Modern Family**
9.00 **Fresh Prince of Bel Air**
11.30 **Carters Get Rich** (S1)
1.30 PM **Will & Grace** (S3)
4.00 **Futurama** (S2)
6.30 **The Office (US)** 14/28. The staff need help with stress relief. **7.00** 15/28. Michael stages on a no-holds-barred roast of himself. **7.30** 16/28. Dwight and Jim attempt to make up with Kelly. **8.00** 17/28. Michael and Pam go to Nashua to get closure from Holly. **8.30** 18/28. A mystery woman catches Michael's eye. (S5)
9.00 **Saturday Night Live** New edition Satirical sketch show.
10.25 **Curb Your Enthusiasm** 2/10. Larry offends actor Ben Stiller. (S4)
11.00 **Saturday Night Live**
12.30 AM **Barry** 1–3/8. (S2)
2.30 **Carters Get Rich** (S1)
3.30 **to 5.00** AM **Entourage**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Discovering: Bing Crosby**
7.00 **Discovering: Marlon Brando**
8.00 **Anyone Can Sing**
9.00 **Tales of the Unexpected**
11.00 **Hitchcock Presents**
12.00 NOON **Best of Landscape Artist**
1.00 PM **André Rieu: Welcome to My World**
2.00 **Andrea Bocelli: The Journey**
4.00 **The Directors**
6.00 **Cirque du Soleil: Volta**
8.00 **Hitchcock Presents**
9.00 **Dolly Parton: Song by Song** Double bill.
9.50 **Women Who Rock**
11.00 **From the Vaults**
12.00 M'T LIVE **Oscars Ceremony** The 95th Academy Awards. *See review, page11.*
3.00 AM **The Directors**
4.00 **Bafta: Life in Pictures**
5.00 **Music Icons**
5.30 **to 6.00** AM **Video Killed the Radio Star**

Pick

151 | 135 | 36 | 144

6.00 AM **Border Patrol**
8.00 **Highway Patrol**
11.00 **Neighbourhood Blues**
12.00 NOON **The Chase Celebrity Special**
2.00 PM **Border Security: America's Front Line**
4.00 **Highway Cops**
5.00 **Caught Red Handed**
7.00 **Motorway Patrol**
8.00 **Brit Cops: Law & Disorder** The work of the City of London police.
9.00 **Mark of a Serial Killer** A gunman targets couples in parked cars.
10.00 **Dan Brown's The Lost Symbol** *Cascade:* 8/10. Katherine fears her mother is in danger. (S1)
11.00 **Britain's Most Evil Killers** The story of Trimaan Harry Dhillon.
12.00 M'T **How I Caught the Killer** Documentary.
1.00 AM **Snapped**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

Comedy Central

112/113 | 132 | 345 360

8.00 AM **Friends** (S4)
1.00 PM **Friends** (S4&5)
7.00 **Friends** 10/24. Ross turns to Joey for advice. **7.30** 11/24. The pals announce their New Year's resolutions. **8.00** 12/24. Chandler's behaviour begins to annoy Monica. **8.30** 13/24. Phoebe finally meets her biological father. (S5)
9.00 FILM **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. (1984, 15, 105min) ★★★★★
11.15 **Greatest Ever Movie Blunders** Clips from *A Quiet Place, Grease, Rocky* and *Pitch Perfect.*
12.15 AM **Live at the Apollo**
1.15 **South Park** (S26&2)
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 | 119 | 28 | 119

7.00 AM **Be Beautiful**
7.10 **Little Women: LA**
8.00 **Masters of Flip**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.30 PM **Making It Home with Kortney & Kenny**
1.25 **The Real Housewives of New York City**
6.00 **Great Chocolate Showdown** New editions The bakers combine vegetables and chocolate. **7.00** The remaining home bakers make chocolate pasta.
8.00 **Gino's Italian Family Adventure** The hidden gems of eastern Sardinia. **8.30** From Naples.
9.00 **Botched** Double bill.
10.55 **Real Housewives and the Menopause** Documentary series about the menopause.
11.55 PM **to 1.00** AM **Real Housewives of Atlanta**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **The Car Years**
8.00 **World Superbike Highlights**
9.00 **English Football League**
11.05 **Made in Britain**
11.35 **Great Racehorses**
12.00 NOON **LIVE Extreme E** Race two of the Desert X-Prix.
2.00 PM **Nine Dart Finishes**
2.05 **Made in Britain**
2.35 **Minder**
3.45 **FILM The Towering Inferno** Drama. (1974, 12) ★★★★

3.45 The Towering Inferno

7.00 **Cycling: Paris-Nice Highlights** The final stage – a 118.4km route that started and finished in Nice.
8.00 **Premiership Rugby Union Highlights** The 20th round of fixtures, including Gloucester v Leicester Tigers.
9.00 **FILM High Plains Drifter** Western directed by and starring Clint Eastwood. A mysterious gunslinger is hired to protect a remote frontier town from three vengeful outlaws. (1972, 18, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **FILM The Good, the Bad and the Ugly** Sergio Leone's vintage Spaghetti Western set during the American Civil War, starring Clint Eastwood and Lee Van Cleef. (1966, 15, 155min) ★★★★★
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Fringe** 19&20/21. (S1)
8.00 **Teleshopping**
11.00 **Fringe** (S1&2)
2.00 PM **Star Trek: Voyager** Five episodes, including at: **5.00** 9/16. An away team searching for a new atomic power source discover a number of bodies covered in what looks like cobwebs. **6.00** 10/16. The crew encounter the Sikarians – an alien race renowned for their hospitality and interstellar travel technology. (S1)

9.00 The Last Witch Hunter

7.00 **Blood & Treasure** *Raid on the Hidden Fortress:* 11/13. Simon tries to get information out of Lexi.
8.00 **Blood & Treasure** *The Year of the Rat:* 12/13. Danny and Lexi put their differences aside in order to stop the Kahn. (S2)
9.00 **FILM The Last Witch Hunter** Fantasy adventure starring Vin Diesel and Elijah Wood An immortal warrior faces a showdown with an evil sorceress who tried to wipe out the human race in the Middle Ages. (2015, 12, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **FILM The Lost Future** Sci-fi adventure starring Sean Bean and Corey Sevier. (2010, 15, 87min) ★★
1.00 AM **Wynonna Earp** (S1)
3.00 **to 6.00** AM **FILM Ba'al: The Storm God** Sci-fi fantasy. (2008, 15, 97min) ★★

+1 hour 229

Alibi

109/110 809 126 343 358

7.15 AM **Murdoch Mysteries** (S12)
10.00 **Father Brown**
2.00 PM **Miss Scarlet and the Duke** 5/6. Eliza and Duke go to an abandoned prison. **3.00** 6/6. Eliza finds out what happened to her father. (S1)
4.00 **Miss Fisher's Murder Mysteries** 5/13. A man's body is found in a bookshop. **5.00** 6/13. An actor dies performing on stage. (S1)
6.00 **Death in Paradise** 6/8. Poole investigates the death of a strangled English tourist. (S2)

2.00 Miss Scarlet and the Duke

7.00 **Murdoch Mysteries** / *Still Know What You Did Last Autumn:* 8/24. Murdoch investigates the brutal murder of an actor. (S16)
8.00 **Father Brown** *The Sins of the Father:* 9/10. The sleuthing priest sets out to solve the murder of a local magnate's son. (S4)
9.00 **Death in Paradise** *Written in Murder:* 3/8. DI Mooney and the team are stumped when an author is stabbed. (S7)
10.00 **CSI: Vegas** *Trinket:* 11/21. A non-verbal boy is found hiding in a stranger's garage. (S2)
11.00 **The Diplomat** 2/6. Laura is called in to assist when a violent break-in leaves a man seriously injured. (S1)
12.00 M'T **The Gulf** 2/8. Jess learns more about Spencer. (S2)
1.00 AM **We Hunt Together** (S2)
2.00 **to 4.00** AM **WPC 56**

+1 hour 209/210 191

GOLD

110/111 110/111 124 344 359

7.30 AM **Ever Decreasing Circles**
8.40 **Only Fools and Horses**
1.05 PM **Only Fools and Horses** Uncle Albert is mugged. **2.10** The Trotters prepare for Raquel to give birth. **3.15** Del Boy and Rodney become caped crusaders.
4.40 **The Vicar of Dibley** Geraldine shoots to stardom.
5.20 **Only Fools and Horses** Part one of two. The Trotters get the chance to go on holiday. **6.30** Part two of two. The Trotters arrive in America.

9.00 The Vicar of Dibley

Only Fools and Horses (started at 6.30pm)
8.20 **Dad's Army** A black-market toasted sandwich causes Mainwaring to have an unusual dream.
9.00 **The Vicar of Dibley** Geraldine appears on Terry Wogan's radio show. **9.40** Alice shocks Geraldine with a pre-wedding revelation.
10.20 **Coupling** Patrick puts on his spider-slaying shoes when he receives an early morning call from Sally.
11.00 **Coupling** Steve seeks help from a medical encyclopaedia. **11.40** Sally goes to dinner with Susan, Patrick and his new girlfriend, while Jane dates a pizza delivery man.
12.20 AM **French and Saunders**
2.55 **to 4.00** AM **Newark, Newark**

+1 hour 210/211 194

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Rick Stein's Cornwall**
9.30 **Survivor South Africa**
11.00 **Top Gear** Triple bill.
2.00 PM **Not Going Out**
4.00 **Room 101** Triple bill.
6.00 **The Force: Behind the Line** Detectives take down a drug syndicate which is dealing methylamphetamine. **6.30** Members of the sexual crime squad serve a warrant on a man accused of procuring a woman and her 13-year-old daughter for sex.

8.00 World's Most Dangerous...

7.00 **Special Ops: Crime Squad UK** The National Crime Agency tackle a Ghanaian cocaine smuggling operation.
8.00 **World's Most Dangerous Roads** New edition Ed Gamble and Lou Sanders tackle a 1000km journey in Iceland.
9.00 **Have I Got a Bit More News for You** Richard Ayoade presents, with guests Richard Osman and Sayeeda Warsi.
10.00 **Live at the Apollo** Dara O Briain introduces routines by Felicity Ward and Mo Gilligan at the Hammersmith Apollo.
11.00 **QI XL** Phill Jupitus, Cally Beaton and Rhod Gilbert join regular panellist Alan Davies and host Sandi Toksvig.
12.00 M'T **Red Dwarf** Triple bill.
1.55 AM **Live at the Moth Club**
2.45 **to 4.00** AM **Whose Line Is It Anyway? USA**

+1 hour 211 131 57

Sunday

7 PM **8 PM** **9 PM** **10 PM**

GREAT! tv

157 189 50 142

6.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the mystery, including at: **6.00** *The Scent of Murder:* Jessica helps her friend Seth find his cousin's killer. **7.00** *Death 'n' Denial:* Jessica tries to clear a friend implicated in the theft of a relic. **8.00** *Murder in High C:* Jessica uncovers a mystery in Italy.
9.00 **An Aurora Teagarden Mystery: The Julius House** Thriller starring Candace Cameron Bure.
10.45 **A Bone to Pick: An Aurora Teagarden Mystery** Crime drama.
12.30 AM **Randall and Hopkirk (Deceased)**
1.30 **M*A*S*H** 24/26. (S7)
2.00 **to 6.00** AM **Body of Proof**

+1 hour 257 220 62 143

4seven

137 143 49 127

9.00 AM **A New Life in the Sun: Where Are They Now?** Double bill.
11.00 **Four in a Bed**
1.30 PM **A Place in the Sun**
2.00 **A Place in the Sun: Home or Away**
3.00 **A Place in the Sun**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
8.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Oxfordshire and Gloucestershire.
9.00 **The Supervet: Puppy Special** Catching up with puppies treated by Noel Fitzpatrick and his team.
10.00 **The Dog House**
12.05 AM **The Great Pottery Throw Down: Final**
1.20 **Gogglebox**
2.20 **Gogglebox: 10 Year Anniversary Special**
3.50 **to 4.55** AM **8 Out of 10 Cats Does Countdown**

5USA

141 141 153 21 129

9.00 AM **Entertainment News**
9.10 **Columbo** Triple bill.
3.00 PM **Columbo** *A Friend in Deed:* A police officer helps a rich friend conceal a murder. **5.00** *Identity Crisis:* A CIA operative murders one of his fellow spies. **7.00** *Uneasy Lies the Crown:* A dentist plans to poison his wife's lover and make it look like she killed him.
9.00 **Lucifer** *A Devil of My Word:* 24/26. Chloe, Lucifer and the team work to find the killer. **10.00** *Boo Normal:* 25/26. Ella debates whether to open up about a secret. (S3)
11.00 **Law & Order: SVU**
12.55 AM **Law & Order: Criminal Intent** (S7)
2.50 **The Blacklist** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Nightmare Tenants, Slum Landlords** Five editions.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** The team are using automatic number-plate recognition to identify stolen vehicles. **6.00** Officers hunt for a thief who stole a 4x4. **7.00** The team deal with a knife-wielding man. **8.00** Officers raid a pirate radio station.
9.00 **FILM Edge of Tomorrow** Sci-fi adventure. (2014, 12, 113min) ★★★★
11.15 **FILM Déjà Vu** Sci-fi thriller. (2006, 12, 126min) ★★★★
1.50 AM **Street Crime UK: Caught on Camera**
2.40 **999: Criminals Caught on Camera**
3.30 **to 4.00** AM **Dogs with Incredible Jobs**

+1 hour 228 186 141

W

132 827 125 25 156

6.10 AM **Tipping Point**
1.00 PM **Property Brothers: Family Flashback**
3.00 **My Family**
7.00 **Alex Jones: Making Babies** 10/10. Alex comes to the end of her training at Kings.
8.00 **Emergency: First Time Medics** Documentary.
9.00 **Stacey Dooley Sleeps Over USA** Stacey meets a couple who make TikTok videos for a living.
10.00 **Women Behind Bars with Trevor McDonald** Life inside Indiana's most dangerous women's prisons.
11.00 **Louis Theroux: Life on the Edge**
12.10 AM **Louis Theroux: Extreme Love – Dementia** Documentary.
1.10 **One Born: What Happened Next?**
2.00 **to 3.00** AM **Dating With My Mates**

+1 hour 232 190

Drama

143 130 20 158

7.00 AM **Birds of a Feather**
7.40 **The Bill**
11.40 **Call the Midwife**
2.20 PM **Catherine Cookson's The Wingless Bird** Drama starring Claire Skinner.
5.35 **Miss Marple** *A Caribbean Mystery:* The shrewd spinster is sent to convalesce in Barbados, where she finds life dull until a double murder breaks the monotony.
7.55 **Inspector Alleyn Mysteries** *Hand in Glove:* The detective discovers a body in a drainage ditch outside the home of Percival Pyke Period.
10.00 **McMafia** 5/8. Semiyon's fortunes seem to be on the rise – until he is arrested in Tel Aviv. (S1)
11.15 **Luther** 3/4. (S5)
12.35 AM **Happy Valley** (S1)
1.50 **to 4.00** AM **Leonardo**

+1 hour 243 226 60

RealityXtra

147 197 68 134

9.00 AM **Medical Detectives**
12.00 NOON **Something's Killing Me** Double bill.
2.00 PM **Medical Detectives**
5.00 Judge Judy Back-to-back editions of the series, including at: **10.00** A man who took in an ex-employee as a roommate is sued. **10.25** A fireball from a grill explosion allegedly burns a man's body. **10.50** A fun trip to Las Vegas ends with a married couple suing their ex-friend for failing to pay back a loan. **11.15** A man claims his biking guide perpetrated a sick joke on him. **11.40** A woman accuses her ex-boyfriend of stealing a car following an ugly break-up.
12.05 AM **World's Most Unexplained...**
1.00 Psychic Private Eyes
4.00 Something's Killing Me
5.25 to 6.00 AM **Judge Judy**

Legend

148 149 41 137

7.00 AM **Special Unit 2** (S2)
8.00 FILM **Warlords of Atlantis** Adventure. (1978, PG, 96min) ★★
9.50 Legend Lowdown
10.00 Star Trek: The Next Generation (S4&5)
3.00 PM FILM **Biggles** Adventure. (1986, PG, 108min) ★★
4.50 FILM **Avalon: Beyond the Abyss** Adventure. (1999, PG, 86min) ★★
6.40 FILM **Bermuda Tentacles** Thriller. (2014, 12, 86min) ★★
8.30 The Twilight Zone (S1)
9.00 FILM **Dracula** Hammer horror. (1958, 12, 82min) ★★★★
10.35 FILM **The Blob** Horror starring Steve McQueen. (1958, 12, 81min) ★★★
12.15 AM FILM **Prince of Darkness** Horror thriller. (1987, 18, 101min) ★★★
2.15 to 4.30 AM FILM **Resident Evil** Thriller. (2002, 15) ★★★

Challenge

145 139 48 146

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 The Chase
12.00 NOON **Family Fortunes**
1.00 PM **Bruce's Price Is Right** Double bill.
2.00 Play Your Cards Right
3.00 Lily Savage's Blankety Blank Triple bill of the comedy game show.
5.00 The Chase Four editions of the general knowledge quiz show hosted by Bradley Walsh.
9.00 The Chase Celebrity Special Bradley Walsh hosts as Mike Bushell, Annabel Croft, Rhea Bailey and Rylan Clark-Neal pit their wits against ruthless quiz genius the Chaser.
10.00 The Chase Five editions of the general knowledge quiz show hosted by Bradley Walsh.
3.00 AM **The Chase Celebrity Special**
4.00 to 6.00 AM **The Chase**

E!

159 159 835 160

7.00 AM **Wags**
12.00 NOON **Botched** Seven editions, including at: **4.00** PM An Army Black Hawk crew chief who has been dealing with botched breast surgery. **5.00** A Brazilian seeks her 33rd breast surgery. **6.00** A woman whose face was disfigured in a motorcycle crash.
7.00 Keeping Up with the Kardashians Scott gives Kourtney an ultimatum. **8.00** Khloe faces increasing demands on her time from her family. **9.00** Khloe thinks about attending Scott's restaurant opening. **10.00** Scott is keen to be treated like royalty on a trip to London. **11.00** Bruce finds a buddy in Angie Everhart.
12.00 M'T **Hollywood & Football** Double bill.
2.00 AM **Teleshopping**
3.00 to 5.00 AM **EJ NYC**

Sky Documentaries

121 121 819 277 352 367

6.00 AM **Discovering: Buster Keaton**
7.00 Discovering: Olivia de Havilland
8.00 The Directors
9.00 FILM **Listen to Me Marlon** An intimate portrait of Marlon Brando. (2015, 15, 100min) ★★★★
11.00 Laurel and Hardy: Their Lives and Magic
1.00 PM **The Real Charlie Chaplin** A look at the life and work of the silent comedy icon.
3.10 Quant Documentary.
5.00 I Am Jackie O
6.50 Sergio Leone: The Italian Who Invented America
9.00 Who Killed the KLF?
10.50 Dublin Narcos
11.50 Midnight Family
1.20 AM **3½ Minutes, 10 Bullets** Documentary.
3.20 The Directors
4.15 to 6.00 AM **The Biggest Little Farm**

Sky Nature

124 124 822 278 354 369

6.00 AM **The Wild Wild East**
9.00 Shark Squad
12.00 NOON **Uptown Otters**
1.00 PM **David Attenborough's Galapagos**
2.00 Battle of the Alphas
3.00 Africa's Wild Roommates
4.00 Secret Life of the Koala
6.00 David Attenborough's Rise of Animals: Triumph of the Vertebrates 1&2/2.
8.00 Arctic from Above New edition 2/3. Liz Bonnin explores the wildlife of the region.
9.00 Dehesa – Forest of the Iberian Lynx 1&2/2.
11.00 A Bee's Diary
12.00 M'T **Arctic from Above**
1.00 AM **David Attenborough's Rise of Animals: Triumph of...**
3.00 Dehesa – Forest of...
5.00 to 6.00 AM **Hope for Wildlife**

HGTV

158 286 44 166

7.00 AM **My Lottery Dream Home** Six editions.
10.00 The Great Interior Design Challenge
1.00 PM **The Great Interior Design Challenge**
3.00 A Place in the Sun Five editions, including at: **7.00** Scarlette Douglas helps house-hunters find a property in Cyprus.
8.00 My Dream Derelict Home in the Sun Converting an abandoned Spanish cave into a dream holiday home in Galera.
9.00 A Place in the Sun Four editions of the series in which a property expert offers advice on buying a second home abroad.
1.00 AM **Fixer Upper Rewatch** Property series.
2.00 to 4.00 AM **The Great Interior Design Challenge**

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM **Diners, Drive-Ins and Dives** Double bill.
8.00 Best Baker in America
1.00 PM **The Great British Bake Off** Eight editions.
9.00 Jamie Cooks Italy Jamie Oliver creates a minty pea tortiglioni on his trip to Rome. **9.30** Jamie is joined by Gennaro Contaldo to seek out Piedmont's famous comfort food.
10.00 Restaurant: Impossible Robert Irvine comes to the rescue of Z Fish House in Tennessee. **11.00** Robert has 48 hours to rescue Big Tom's Backyard Grill and Bar in Cleveland. **12.00** M'T Robert heads to Mr B's Southern Kitchen in Florida.
1.00 AM **Diners, Drive-Ins and Dives** Double bill.
2.00 to 3.00 AM **Jamie Cooks Italy**

+1 hour 240 149

DMAX

172 171 39 150

6.00 AM **Dallas Car Sharks**
9.00 Richard Hammond's Big
10.00 Jade Fever
12.00 NOON **Yukon Gold**
3.00 PM **Aussie Gold Hunters** Double bill.
5.00 Life Below Zero
6.00 Gold Divers
7.00 Aussie Gold Hunters
8.00 Blowing Up History
9.00 Paranormal Lockdown with Nick Groff A visit to the Statler City Hotel in Buffalo, New York.
10.00 Spooked Scotland The team investigate Culross's dark history.
11.00 World's Biggest Cyst: Body Bizarre
12.00 M'T **Monsters Inside Me**
1.00 AM **Marooned with Ed Stafford**
2.00 Teleshopping
4.00 Insane Pools: Off the Deep End
5.00 to 6.00 AM **Baggage Battles**

+1 hour 272 214 151

5Action

150 150 33 132

9.00 AM **Police Interceptors**
10.00 WWE – SmackDown Highlights
11.00 WWE – Raw Highlights
12.00 NOON **Winter Road Rescue** Documentary.
12.35 PM **Police Interceptors**
1.35 FILM PREMIERE **Hurricane** World War Two drama. (2018, 15, 107min) ★★★
3.45 FILM **Raid on Entebbe** Fact-based drama. (1976, PG) ★★
6.40 FILM **Anzio** World War Two drama. (1967, PG, 117min) ★★★
9.00 FILM **Conan the Barbarian** Action fantasy. (1981, 15, 129min) ★★★
11.40 FILM **Lock Up** Prison drama. (1989, 18, 106min) ★★
1.55 AM **Doomsday: Caught on Camera**
3.45 Police Interceptors
4.30 to 5.00 AM **Winter Road Rescue**

Sky Crime

122 122 820 121 349 364

6.00 AM **Send in the Dogs**
7.00 Road Wars
7.30 Motorway Patrol
8.30 Caught Red Handed
10.00 How I Caught the Killer
11.00 Britain's Most Evil Killers
12.00 NOON **Murdered at First Sight** Documentary.
1.00 PM **What the Killer Did Next** Megan Newton.
2.00 World's Most Evil Killers
3.00 Killer in My Village
4.00 The Real Manhunter
5.00 World's Most Evil Killers
7.00 How I Caught the Killer
8.00 Forensics: Catching the Killer
9.00 NEW SERIES **Who Killed Jill Halliburton Su?** 1&2/6. Double bill.
11.00 World's Most Evil Killers
12.00 M'T **Snapped**
1.00 AM **Love You to Death**
2.00 When Life Means Life
3.00 Road Wars
4.30 to 6.00 AM **Motorway Patrol**

+1 hour 222 164

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 Murder She Solved
7.00 Medical Detectives A woman examines her mother's disappearance. **7.30** A funeral director is murdered and his son considered a suspect. **8.00** A healthy young mother dies after a minor traffic accident. **8.30** The truth about a 10-year-old case of an elderly couple's murder is uncovered.
9.00 Uncovering Melanie's Murderer How DNA profiling can enhance investigative techniques.
10.00 Ice Cold Killers
11.00 New Scotland Yard Files Double bill.
1.00 AM **Uncovering Melanie's Murderer**
2.00 Ice Cold Killers
3.00 Murder She Solved
4.40 to 6.00 AM **Judge Judy**

+1 hour 246 218 136

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 Teleshopping
8.00 Fantasy Homes by the Sea Double bill.
10.00 A Place in the Sun: Home or Away
11.00 A Place in the Sun
12.00 NOON **A Place in the Sun: Home or Away**
3.00 PM **The Hotel Inspector**
4.00 Celebrity Antiques Road Trip Triple bill.
7.00 The Yorkshire Auction House
8.00 The Repair Shop
9.00 The Hair Loss Clinic
10.00 The Murder of Grace Millane: A Faking It Special Documentary.
11.00 Help! My House Is Haunted An oppressive black hooded figure.
12.00 M'T **Ghost Hunters**
1.00 AM **Unexplained: Caught on Camera**
2.00 Teleshopping
4.00 to 6.00 AM **Fantasy Homes by the Sea**

Blaze

164 199 64 162

6.00 AM **Eating History**
7.00 National Park Mysteries
8.00 Lost Gold of World War II Documentary.
9.00 The UnXplained with William Shatner
11.00 The Proof Is Out There
12.00 NOON **Encounter: UFO**
1.00 PM **Alien Files: Unsealed**
2.00 UFOs Declassified
3.00 Cities of the Underworld
8.00 Curse of Oak Island
9.00 Man vs History Historian Bil Lepp puts Billy the Kid's famous escape to the test
10.00 Mountain Men
11.00 Paranormal: Caught on Camera
12.00 M'T **Proof Is Out There**
1.00 AM **Believers: Extreme Hauntings**
2.00 Hardcore Pawn
3.00 Court Cam
5.00 to 6.00 AM **Counting Cars**

+1 hour 81

TLC

133 133 828 167

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 Flip or Flop
10.00 My Lottery Dream Home Four editions.
12.00 NOON **Say Yes to the Dress** Double bill.
2.00 PM **Curvy Brides Boutique** Four editions.
4.00 Good Bones
5.00 Dr Pimple Popper
6.00 sMothered
7.00 Sister Wives
8.00 Body Invaders
9.00 World's Biggest Cyst: Body Bizarre
10.00 Dr Pimple Popper: Reload A man wants his stomach lump removed.
11.00 Return to Amish
12.00 M'T **Body Invaders**
1.00 AM **World's Biggest Cyst: Body Bizarre**
2.00 Dr Pimple Popper...
3.00 Return to Amish
4.00 to 6.00 AM **Say Yes to the Dress**

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM **GPs: Behind Closed Doors**
12.00 NOON **Happy Campers: The Caravan Park**
2.00 PM **Ben Fogle: New Lives in the Wild** Seven editions, including at: **6.00** Ben investigates a backpackers' hostel. **7.00** Ben travels to Missouri to live with a wilderness expert. **8.00** Ben lives with a fellow Brit who is raising his own castaway tribe.
9.00 Bradley Walsh: My Classic TV Moments The celebration of the actor and comedian.
10.00 Are You Being Served?: Secrets and Scandals
11.00 Royal Servants in Their Own Words
12.30 AM **Yorkshire Steam Railway: All Aboard**
3.25 Walking Wartime Britain Documentary.
3.50 to 4.00 AM **Entertainment News**

Quest

144 144 834 169 12 172

6.00 AM **How Trains Changed the World**
7.00 World's Biggest Shipbuilders
8.00 Woodland Workshop
9.00 Salvage Hunters: The Restorers
10.00 The Repair Shop
11.00 Salvage Hunters
2.00 PM **The Yorkshire Auction House**
3.00 Shed and Buried
5.00 Find It, Fix It, Flog It
7.00 Woodland Workshop
8.00 Salvage Hunters
9.00 The Repair Shop A beloved jukebox.
10.00 Opal Hunters: Red Dirt Road Trip
11.00 Jade Fever
12.00 M'T **Lost Mines: Restored** Documentary.
1.00 AM **World's Greatest Motorcycle Rides**
3.00 Motor Pickers
4.00 to 5.00 AM **How It's Made**

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM **Say Yes to the Dress: Lancashire**
7.00 Animal Cops Phoenix
9.00 My 600lb Life
10.00 Hoarding: Buried Alive
12.00 NOON **Disappeared**
2.00 PM **Forensic Detectives**
3.00 Say Yes... UK
6.00 Say Yes to the Dress: UK Royal Edition
7.00 Long Lost Family Two tales of missing parents. **8.00** A man hopes to meet his birth mother.
9.00 The Murder of Gabby Petito: A Faking It Special New edition Crime documentary.
10.00 The Detectives: My Killer Case The crimes of the so-called Canal Killer, John Sweeney.
11.00 Murder on CCTV
12.00 M'T **Forensic Detectives**
1.00 AM **The Perfect Murder**
2.00 A Crime to Remember
3.00 to 4.00 AM **FBI Files**

+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys teach a family of six to thrive off-grid. **2.00** PM In Hawaii, the Raneys rescue a young family with a crumbling cabin. **4.00** The Raneys rescue a family descended from rock music royalty by reclaiming their homestead.
6.00 **Dive Wars Australia** The crew take advantage of a break in the weather to seize its share of the trade.

9.00 Dirty Jobs

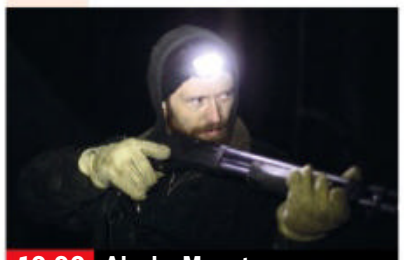
7.00 **Alaska: Homestead Rescue** Marty faces his most daunting challenge ever in the rescue of a Tennessee homestead. He decides to call on past homesteaders and a home renovation team for much-needed help.
9.00 **Dirty Jobs** New edition Mike Rowe gives a dam to a couple of nuisance beavers causing havoc for municipalities.
10.00 **Diesel Brothers** The guys get fired up about an overlanding rig, but it turns into a smoke show.
11.00 **Kindig Customs** The shop is buzzing with activity, and the latest CF1 presents a new challenge for the guys while Dave makes modifications to the original.
12.00 M'T **Naked and Afraid**
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225 258

Animal Planet

162 251

8.00 AM **Tanked**
9.00 **How Do Animals Do That?**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Meet the Orangutans**
3.00 **Meet the Penguins**
4.00 **My Cat from Hell**
5.00 **Animal Cops Philadelphia** A man is suspected of violence toward three cats.
6.00 **Tanked** Basketball star Dwight Howard asks the team to build a habitat for his snakes.



10.00 Alaska Monsters

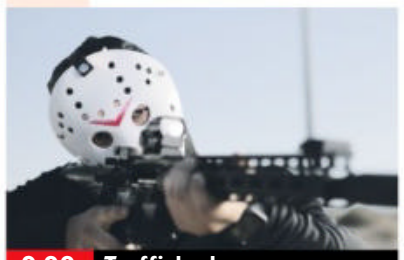
7.00 **Pit Bulls & Parolees** After a string of bad luck, Tia hopes new arrival Richard will prove to be a valuable asset.
8.00 **Celebrity Animal Encounters** Double bill of the series in which celebrities recount animal encounters.
9.00 **The Crocodile Hunter: Best of Steve Irwin** Steve and his team are called to undertake a crocodile rescue.
10.00 **Alaska Monsters** The team head into the Alaskan Interior to investigate reports of a bear-like creature.
11.00 **Wild Australia** Australia's wilderness through the eyes of the Aborigines.
12.00 M'T **Wild Mexico** A look at the wildlife of the country.
1.00 AM **Alaska Monsters**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 259

Nat Geographic

129 129 825 266

8.00 AM **Made in a Day**
8.30 **Food Factory USA**
9.00 **Flooded Tombs of the Nile**
10.00 **Black Pharaohs: Empire of Gold** Documentary.
11.00 **Egypt's Sun King: Secrets and Treasures**
12.00 NOON **King Tut In Colour**
1.00 PM **Kingdom of the Mummies** Four editions.
5.00 **Egypt's Female Pharaohs** The true story of Cleopatra.
6.00 **Black Pharaohs: Sunken Treasures** Archaeologists dive into flooded tombs.



9.00 Trafficked

7.00 **Car S.O.S** After three years of tragedy, the loved ones of a widowed father of two have rallied together to cheer him up.
8.00 **Airport Security: Rome** At Italy's busiest airport, police seize cocaine soaked in pyjamas and hidden in a stuffed animal.
9.00 **Trafficked with Mariana Van Zeller** New edition Mariana investigates the trade in untraceable guns built from kits.
10.00 **Air Crash Investigation** When a turboprop crashes, investigators find a flaw in an aircraft used all around the world.
11.00 **To Catch a Smuggler**
12.00 M'T **North Korea's Dynasty**
1.00 AM **Hitler's Death Army: Das Reich** Documentary.
2.00 **Money Meltdown**
2.30 **Prairie Dog Dynasty**
2.55 **Secrets of the Zoo: Keeper Tales** Documentary.
3.20 **to 5.00** AM **Food Factory**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Swamp People**
8.00 **Pawn Stars**
11.00 **Great Escapes with Morgan Freeman** Six editions of the documentary, including at: **4.00** PM The actor tells the story of one of the largest escapes in British history.
5.00 **Bermuda Triangle: Into Cursed Waters** A hunt for a legendary ship that vanished.
6.00 **The Curse of Oak Island** The team uncover evidence that the stone foundation on lot five was purposefully hidden.

7.00 Secrets of Great British...

7.00 **Secrets of Great British Castles** Dan Jones explores the turbulent history of six of Britain's most famous castles.
8.00 **Secrets of Great British Castles** Dan Jones explores the history of the Welsh capital's landmark, Cardiff Castle.
9.00 **Extraordinary: The Revelations** A look at the historical significance of an alien presence, as well as three specific paradigms – ascension, biblical and colonisation – that attempt to define the alien agenda.
11.10 **Human Torpedoes of WW2** How British battleships had to contend with a new initiative invented by the Italian navy – deadly torpedoes steered by human pilots.
12.10 AM **American Pickers**
5.00 **to 6.00** AM **The Curse of Oak Island**

+1 hour 223 271

Yesterday

155 155 846 129 27 159

6.00 AM **Impossible Engineering**
8.00 **Narrow Escapes of World War II** Four editions.
12.00 NOON **Great British Railway Journeys** Eight editions.
4.00 PM **Bangers and Cash** Dave goes to Wales to bag a Sierra Cosworth, a sought-after car in the bidding market. **5.00** A 1980 Ford Escort, a 1946 Bedford 12 and a 1957 Austin Healey are up for sale. **6.00** Derek heads to Suffolk to collect two Bentleys with a majestic pedigree.

12.00 Great British Railway...

7.00 **Bangers and Cash** Derek gets his hands on a rare Vauxhall Victor VX 90 police car. **7 PM**
8.00 **'Allo 'Allo!** The Germans celebrate the burning of the Reichstag. **8.40** Presuming Rene is dead, Edith hunts for his will and a new husband. **9.25** The British airmen return to their hideout at Rene's cafe following a bungled escape attempt. **8 PM** **9 PM**
10.05 **Hornby: A Model World** Designer Phil takes on his toughest challenge yet, an entire reinvention of the Black Fives. **10 PM**
11.05 **Bangers and Cash** A 1980 Ford Escort, a hand-built 1946 Bedford 12 and a 1957 Austin Healey are up for sale. **12.05** AM Dave bags a Sierra Cosworth, a sought-after car in the bidding market.
1.05 **to 3.00** AM **Impossible Engineering**

+1 hour 255 217 74

Disc. History

177 257

6.00 AM **Shed and Buried**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
12.00 NOON **Combat Dealers**
3.00 PM **Expedition Unknown** Double bill.
5.00 **Wings of War**
7.00 **Tony Robinson's World War One** Unprecedented technologies that made the conflict bloodier. **8.00** Tony looks at the final year of the conflict that would become known as the Great War.
9.00 **The Green River Killer: Mind of a Monster** The crimes of mass murderer Gary Ridgway, who was convicted of killing 49 women.
11.00 **The 1980s: The Deadliest Decade**
12.00 M'T **Combat Dealers**
4.00 **to 5.00** AM **Combat Dealers: Reloaded**

+1 hour 277 261

Eden

166 245

9.00 AM **Africa From Above**
1.00 PM **Fascinating New Zealand** Double bill.
3.00 **Africa From Above**
7.00 **Fascinating New Zealand** Double bill.
9.00 **Africa From Above** Exploring Zambia, which is home to the the largest mammal migration on earth. **10.00** The melting pot of African, Arabic and Portuguese traditions in Mozambique. **11.00** The spectacular landscapes of Cameroon. **12.00** M'T Exploring the landscapes of Botswana, from the salt pans of the Makgadikgadi to the Kalahari desert.
1.00 AM **Fascinating New Zealand** Double bill.
3.00 **Africa From Above**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Prairie Dog Dynasty**
11.00 **Yukon Vet**
12.00 NOON **Snakes in the City** Triple bill.
3.00 PM **Legends of Venom**
6.00 **Magic of Disney's Animal Kingdom** New edition A zebra faces urgent surgery.
7.00 **Wild Yellowstone** Documentary profiling the national park's diverse range of wildlife. **8.00** Grizzly bears face off competition as they forage for food.
9.00 **Africa's Deadliest** Animals that live in packs to survive.
10.00 **World's Biggest Bull Sharks** The discovery of a large bull shark specimen, and how this may be evidence of an entirely new subspecies.
11.00 **Counting Jaws**
12.00 M'T **When Sharks Attack**
2.00 AM **Monster Fish**
4.00 **to 5.00** AM **Yukon Vet**

Sky History 2

163 163 840 272

8.00 AM **Ancient Aliens**
9.00 **Conspiracy Files: Unsealed** Double bill.
10.00 **Digging Up Britain's Past** Bridgewater Canal.
11.00 **Britain's Most Historic Towns** Triple bill.
2.00 PM **Auction Hunters**
4.00 **What on Earth?**
6.00 **Ancient Superstructures**
7.00 **History of Weapons**
8.00 **Conspiracy** UFO sightings in the UK.
9.00 **Encounter: UFO** An aircraft that encountered an object that failed to appear on radar.
10.00 **Britain's Greatest Obsessions** Liza Tarbuck tackles the national obsession with all things weather-related.
11.00 **Kings of Pain**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **The Invisibles: Hunting Narcos**
2.00 **to 6.00** AM **Britain's Most Historic Towns**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Castles: Britain's Fortified History**
11.50 **Betrayed: Surviving an American Concentration Camp**
1.00 PM **Beautiful Serengeti**
1.55 **Castles: Britain's Fortified History**
5.15 **The Last Day of World War One** Documentary.
6.20 **WWI: The Final Hours**
7.20 **Pandemic: The Flu That Killed 50 Million**
8.40 **Betrayed: Surviving an American Concentration Camp** A group of American citizens incarcerated because of their race.
9.55 **The Last Day of World War One** The stories of the last soldiers to die in battle in the Great War.
10.55 **WWI: The Final Hours**
12.00 M'T **Pandemic: The Flu That Killed 50 Million**
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

156 156 834 198

6.00 AM **Motive to Murder**
9.00 **Killer in Plain Sight**
1.00 PM **Meet, Marry, Murder** Four editions.
5.00 **Snapped** Triple bill.
8.00 **Vanished: The Kamiyah Mobley Story** An interview with Kamiyah Mobley about her kidnapping.
9.00 **British Injustice with Raphael Rowe** The investigative journalist explores some of the most shocking wrongful convictions in British history, delving into two cases that put innocent men behind bars.
10.00 **Jo Frost on Britain's Killer Kids** The case of Sharon Carr, who became the youngest female murderer to be sentenced in the UK.
11.00 **Very Scary People**
3.00 **to 6.00** AM **Killer in Plain Sight**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

SUNDAY Films

Sunday primetime

Sky Cinema Premiere

301 301 848 401 501 515

6.10 AM **The Independent** (2022)
8.00 **Bodies Bodies Bodies** (2022)
9.40 **Elvis** As shown at 10.10pm.
12.20 PM **Where the Crawdads Sing** As shown at 8.00pm.
2.30 **Where Is Anne Frank** Animation. (2021, PG) ★★★★
4.15 **Bodies Bodies Bodies** Horror comedy. (2022, 15) ★★★★
5.55 PREMIERE **To Leslie** Drama starring Andrea Riseborough. (2022, 15, 119min) ★★★★ *See review, page 23.*

5.55 To Leslie

8 PM **8.00** **Where the Crawdads Sing** Drama based on Delia Owens' bestseller, starring Daisy Edgar-Jones, David Strathairn and Taylor John Smith. A young woman in the Deep South is accused of murder when her suitor is found dead. (2022, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM **10.10** **Elvis** Biopic with Austin Butler and Tom Hanks. Singer Elvis Presley takes the world by storm while his manager, Colonel Tom Parker, exerts a grip over him. (2022, 12, 159min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.00 AM **The Independent** Drama starring Jodie Turner-Smith. (2022, 12, 108min) ★★★
2.50 PREMIERE **To Leslie** (2022)
5.00 **to 6.45** AM **Where Is Anne Frank** As shown at 2.30pm.

+1 hour 312

Sky Cinema Hits

310 310 857 403 503 517

6.15 AM **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
8.05 **A Mouthful of Air** As 12.15am.
10.00 **Four Kids and It** As 5.20am.
11.55 **Voyagers** Sci-fi thriller. (2020, 15, 108min) ★★★
1.50 PM **Flight** Melodrama. (2012, 15, 138min) ★★★★
4.10 **2 Guns** Action thriller. (2013, 15, 104min) ★★★
6.00 **Looper** Time-travel thriller starring Joseph Gordon-Levitt. (2012, 15, 119min) ★★★★

6.00 Looper

8.00 **King Richard** Oscar-winning biopic following the journey of tennis players Venus and Serena Williams, as their father Richard coaches them into global superstars. Stars Will Smith, Aunjanue Ellis, Saniyya Sidney and Demi Singleton. (2021, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Shaft** Crime thriller inspired by the 1970s screen icon, starring Samuel L Jackson and Vanessa Williams. (2000, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **A Mouthful of Air** Drama starring Amanda Seyfried. (2021, 15, 105min) ★★★★
2.10 **Looper** As 6.00pm.
4.20 **Sky Cinema Preview**
5.20 **to 7.25** AM **Four Kids and It** Fantasy with Matthew Goode. (2020, PG, 110min) ★★★

Sky Cinema Family

306 306 850 406 506 520

6.00 AM **Around the World in 80 Days** (2004, PG) ★★★
8.05 **Stuart Little** Adventure. (1999, U, 84min) ★★★★★
9.35 **Super 8** (2011, 12) ★★★★
11.40 **Fantastic Beasts: The Secrets of Dumbledore** Fantasy. (2022, 12, 142min) ★★★
2.05 PM **The Railway Children...**
4.00 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
5.25 **School of Rock** Comedy. (2003, PG, 109min) ★★★★

9.25 Ghostbusters

7.25 **Bandslam** Comedy drama starring Gaelan Alexander Connell, Alyson Michalka and Vanessa Hudgens. (2009, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Ghostbusters** Comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. A trio of New York university parapsychologists go into business as ghost exterminators. (1984, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy adventure with Taylor Lautner. (2005, U, 98min) ★★
1.10 AM **The Railway Children Return** Family drama sequel. (2022, PG, 99min) ★★★
3.00 **Maya the Bee: The Golden Orb** Animated adventure. (2021, PG, 88min) ★★
4.40 **to 6.25** AM **The Adventures of Sharkboy and Lavagirl in 3-D** As shown at 11.25pm.

Sky Cinema Action

307 307 851 407 507 521

7.10 AM **Jurassic World: Dominion** Sci-fi sequel. (2022, 12, 154min) ★★★
9.40 **Gunpowder Milkshake** Thriller. (2021, 15) ★★★
11.35 **Venom: Let There Be Carnage** Fantasy sequel. (2021, 15, 97min) ★★★
1.15 PM **Lost World: Jurassic Park**
3.35 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
5.35 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★

10.10 Hellboy II

8.00 **Spider-Man: Into the Spider-Verse** Animated adventure featuring the voice of Shameik Moore. Student Miles Morales becomes a version of Spider-Man, and crosses paths with counterparts from other dimensions. (2018, PG, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Hellboy II: The Golden Army** Comic-book horror fantasy starring Ron Perlman, Selma Blair and Doug Jones. (2008, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Lost World: Jurassic Park** Steven Spielberg's monster adventure sequel starring Jeff Goldblum. (1997, PG, 129min) ★★★
2.30 **White Elephant** Action thriller starring Bruce Willis. (2022, 15, 100min) ★★★
4.10 **to 6.15** AM **Hellboy II: The Golden Army** As 10.10pm.

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Our Ladies** As 3.10am.
8.00 **In & Out** As 9.50pm.
9.35 **Zoolander** (2001, 12) ★★★★
11.10 **Furry Vengeance** Comedy. (2010, PG, 88min) ★★
12.55 PM **Step Brothers** Comedy. (2008, 15, 98min) ★★★★
2.45 **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
4.20 **Paul Blart: Mall Cop 2** Comedy. (2015, PG) ★★
6.00 **White Chicks** Slapstick comedy. (2004, 15, 109min) ★

9.50 In & Out

8.00 **Blades of Glory** Sports comedy starring Will Ferrell and Jon Heder. Two ice skating rivals who have been banned from the sport for life team up as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **In & Out** Comedy starring Kevin Kline. A small-town teacher is outed as gay by a former pupil on national TV. (1997, 12, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Nacho Libre** Comedy starring Jack Black as a Mexican monastery cook who begins moonlighting as a wrestler. (2006, 12, 92min) ★★★★
1.25 AM **Long Story Short** Romantic comedy with Rafe Spall. (2021, 15, 90min) ★★★
3.10 **Our Ladies** Comedy drama. (2019, 15, 106min) ★★★★
5.10 **to 7.25** AM **Finding You** Romantic drama starring Rose Reid. (2021, PG, 119min) ★★

Sky Cinema Greats

304 304 849 404 504 518

6.20 AM **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
8.00 **King Kong** Peter Jackson's monster movie remake. (2005, 12, 187min) ★★★★
11.15 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★
1.25 PM **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
3.35 **Gladiator** Historical epic. (2000, 15, 154min) ★★★★

6.15 **Belfast** Kenneth Branagh's drama starring Jamie Dornan. (2021, 12, 98min) ★★★★
8.00 **Kramer vs Kramer** Drama starring Dustin Hoffman and Meryl Streep as a divorced couple fighting for custody of their child. With Justin Henry. (1979, PG, 104min) ★★★★★
9.50 **Top Gun: Maverick** Action drama starring Tom Cruise. Pete 'Maverick' Mitchell gets called back to the Top Gun academy. (2022, 12, 130min) ★★★★

12.00 M'T LIVE **Oscars Ceremony** Coverage of the 95th Academy Awards. *See review, page 11.*
3.00 AM **The Cinema List: Behind the Camera Oscars**
3.20 **to 6.00** AM **Paint Your Wagon** Western starring Clint Eastwood. (1969, PG, 164min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Lego Batman: The Movie – DC Super Heroes Unite**
7.45 **Lego DC Batman: Family...**
9.20 **Rock Dog 3: Battle The Beat** Animated sequel. (2022, U) ★★
11.05 **The Amazing Maurice** Animation. (2022, PG) ★★★★
12.55 PM **The Rugrats Movie** Animation. (1998, U) ★★★
2.20 **Despicable Me** Animation. (2010, U, 94min) ★★★★

4.00 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
5.40 **Minions** Animated comedy. (2015, U, 91min) ★★★★
7.25 **The Hero of Colour City** Animation featuring the voices of Owen Wilson and Christina Ricci. (2014, U, 80min) ★★
8.45 **Birds of a Feather** Animated comedy with the voice of Josh Keaton. (2019, U, 90min) ★★
10.30 **Lego Batman: The Movie – DC Super Heroes Unite** Animation. (2013, PG, 71min) ★★

11.55 **Lego DC Batman: Family Matters** Animated comedy featuring the voice of Troy Baker. (2019, U, 72min) ★★
1.20 AM **Spark** Animated adventure. (2016, PG, 91min) ★★
2.55 **The Hero of Colour City** (2014)
4.20 **to 6.00** AM **Birds of a Feather**

TCM Movies

315 415

6.00 AM **Hollywood's Best Directors**
8.20 **Off Set** Double bill.
9.05 **Cavalry Scout** Western. (1951, PG, 78min) ★★
10.45 **Memphis Belle** Wartime drama. (1990, PG, 102min) ★★★
12.55 PM **One Spy Too Many** Spy adventure with Robert Vaughn. (1965, PG, 101min) ★★★
3.00 **Return of the Gunfighter** Western. (1966, U, 93min) ★★

5.05 **The Train Robbers** Western with John Wayne and Ann-Margret. (1973, U, 92min) ★★
7.00 **The Outriders** Civil War Western starring Joel McCrea. (1950, U, 93min) ★★
9.00 **Absolute Power** Thriller directed by and starring Clint Eastwood. An ageing master thief is set up to take the rap for a murder involving the US president. With Gene Hackman, Ed Harris and Laura Linney. (1996, 15, 121min) ★★★

11.35 **Police Academy** Comedy. (1984, 15, 95min) ★★★
1.30 AM **Teleshopping**
3.50 **Off Set** With Jamie Cullum.
4.00 **Close Up** Double bill.
5.00 **to 6.00** AM **Hollywood's Best...**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **Captain Scarlett** Period adventure. (1952, U, 75min) ★★
7.35 **A Symphony of London**
7.55 **Patricia Dainton Presents...**
8.00 **Hammer the Toff** Detective drama. (1952, b/w, U) ★★★
9.30 **Patricia Dainton Presents...**
9.35 **The Bold and the Brave** War drama. (1956, b/w, PG) ★★★
11.20 **The Magnetic Monster** Sci-fi thriller. (1953, b/w, 15, 76min) ★

12.55 PM **Pollyanna** Melodrama starring Amanda Burton.
3.00 **The Halfway House** Chiller. (1944, b/w, PG, 99min) ★★★
5.00 **The Footage Detectives**
6.00 **The Saint** 12/23. (S3)
7.00 **The 39 Steps** Espionage adventure starring Kenneth More. (1959, U, 93min) ★★★
8.50 **Look at Life** Documentary.
9.00 **The Onedin Line** 13/14. (S2)
10.00 **Hammerhead** Thriller starring Vince Edwards and Judy Geeson. (1968, PG, 100min) ★★

12.00 M'T **The Gamma People** Sci-fi. (1956, b/w, PG, 79min) ★★★
1.35 AM **The Heritage Chart Show with Mike Read** Music show.
2.40 **Restless Natives** Comedy. (1985, PG, 89min) ★★
4.25 **to 6.00** AM **Come Back Peter** Comedy. (1952, b/w, U) ★★

HorrorXtra

317 192 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Mega Storm: Days of Destruction** Sci-fi thriller. (2011, PG, 89min) ★★
6.50 **This Is HorrorXtra**
7.00 **The 7 Adventures of Sinbad** Fantasy action adventure starring Patrick Muldoon. (2010, PG, 90min) ★★
8.50 **This Is HorrorXtra**
9.00 **The Row** Thriller starring Lala Kent and Randy Couture. During hazing week, a college freshman is targeted by a serial killer. (2018, 18, 85min) ★★

10.55 **From The Dark** Horror starring Niamh Algar. (2014, 18) ★★
12.50 AM **This Is HorrorXtra**
1.00 **Mega Storm: Days of Destruction** As 5.00pm.
2.50 **to 3.00** AM **This Is HorrorXtra**

+1 hour 318 219 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **Wildcat** As 4.45am.
7.55 **Every Breath You Take** Thriller. (2021, 15, 105min) ★★★
9.55 **Kimi** Thriller with Zoë Kravitz. (2022, 15, 87min) ★★★★
11.40 **Lord of War** As 2.40am.
1.50 PM **The Parallax View** Thriller. (1974, 15, 102min) ★★★★
3.45 **The Card Counter** Thriller. (2021, 15, 111min) ★★★★
5.45 **The Fugitive** Action thriller starring Harrison Ford. (1993, 15, 128min) ★★★★★

8.00 Side Effects

8.00 **Side Effects** Thriller starring Rooney Mara. A New York psychiatrist prescribes a new drug to a suicidally depressed patient, but it has alarming side effects. With Channing Tatum. (2013, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Prisoners** Thriller starring Hugh Jackman and Jake Gyllenhaal. A desperate father takes the law into his own hands after two six-year-old girls go missing. With Paul Dano. (2013, 15, 153min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Brooklyn's Finest** Crime thriller with Richard Gere, Don Cheadle and Ethan Hawke. (2009, 18, 127min) ★★★
2.40 **Lord of War** Black comedy thriller starring Nicolas Cage. (2005, 15, 122min) ★★★★
4.45 **to 6.20** AM **Wildcat** Drama starring Georgina Campbell. (2021, 15, 93min) ★★★

Sky Cinema Women in Film

303 303 410 510 524

6.00 AM **Wonder Woman** Animated action adventure. (2009, PG, 74min) ★★★
7.20 **Selma** As shown at 4.25am.
9.30 **Where the Crawdads Sing**
11.40 **The Client** As 2.20am.
1.45 PM **A Few Good Men** (1992)
4.05 **Where the Crawdads Sing** Drama with Daisy Edgar-Jones. (2022, 15, 123min) ★★★
6.15 **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★

8.00 Sleepless in Seattle

8.00 **Sleepless in Seattle** Romantic comedy with Tom Hanks and Meg Ryan. A woman hears a widower pour his heart out on the radio and becomes convinced he is the man of her dreams. (1993, PG, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. (1990, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **A Few Good Men** Courtroom drama with Tom Cruise and Jack Nicholson. (1992, 15, 132min) ★★★★
2.20 AM **The Client** Legal thriller starring Susan Sarandon. (1994, 15, 121min) ★★★
4.25 **to 6.35** AM **Selma** Fact-based drama starring David Oyelowo. (2014, 12, 128min) ★★★★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.30 AM **She Will** As 5.05am.
8.20 **The Lodge** Horror thriller. (2019, 15, 108min) ★★★★
10.25 **My Bloody Valentine**
12.10 PM **The Forever Purge** Horror sequel with Ana de la Reguera. (2021, 15, 103min) ★★★
2.10 **Monster Hunter** Fantasy. (2020, 12, 103min) ★★
4.10 **Escape from LA** Adventure sequel. (1996, 15, 102min) ★★
6.05 **After Earth** Sci-fi adventure. (2013, 12, 98min) ★★

8.00 Ender's Game

8.00 **Ender's Game** Sci-fi adventure starring Asa Butterfield, Hailee Steinfeld and Harrison Ford. A 12-year-old boy genius rises through the ranks of a military academy aboard an orbiting space station. (2013, 12, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Aeon Flux** Sci-fi thriller starring Charlize Theron and Marton Csokas. (2005, 15, 93min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Halloween Kills** Horror sequel with Jamie Lee Curtis. (2021, 18, 105min) ★★★★
1.30 AM **Last Night in Soho** Mystery starring Thomasin McKenzie and Anya Taylor-Joy. (2021, 18, 116min) ★★★★
3.30 **My Bloody Valentine** Stalk 'n' slash horror starring Paul Kelman. (1981, 18, 91min) ★
5.05 **to 6.45** AM **She Will** Horror starring Malcolm McDowell. (2021, 15, 95min) ★★★★

Sky Cinema Best of 80s

302 302 856 402 502 516

6.35 AM **The Fog** John Carpenter's chiller. (1979, 15, 90min) ★★★
8.10 **Ghostbusters** Comedy. (1984, 12, 105min) ★★★★
10.10 **Ghostbusters II** Comedy sequel. (1989, PG) ★★★
12.10 PM **Ferris Bueller's Day Off** Comedy. (1986, 12) ★★★★
2.00 **Children of a Lesser God**
4.15 **Steel Magnolias** Comedy drama. (1989, PG) ★★★★
6.20 **Legend** Fantasy adventure. (1985, PG, 94min) ★★★

4.15 Steel Magnolias

8.00 **Batman** Tim Burton's comic-book adventure starring Michael Keaton and Jack Nicholson. Gotham City's mysterious black-cloaked vigilante tackles a psychotic villain known as The Joker. With Kim Basinger. (1989, 15, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Running Man** Sci-fi adventure starring Arnold Schwarzenegger as an escaped convict forced to participate in a deadly, gladiatorial game show. (1987, 18, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Children of a Lesser God** Melodrama with William Hurt. (1986, 15, 110min) ★★★★
1.55 AM **Footloose** Teen dance drama starring Kevin Bacon. (1984, 12, 107min) ★★★
3.45 **The Running Man** (1987)
5.30 **to 6.20** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **It Came from Beneath the Sea** Thriller. (1954, b/w, U) ★★
12.40 PM **Kung Fu Panda 2** Animation. (2011, PG) ★★★★
2.25 **Madagascar: Escape 2 Africa** Animated sequel. (2008, PG, 89min) ★★★
4.10 **Little Women** Historical drama. (2019, U, 135min) ★★★★★
6.50 **Bend It Like Beckham** Romantic sports comedy. (2002, 12, 113min) ★★★★

2.25 Madagascar: Escape...

Bend It Like Beckham (film started at 6.50pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Terminator: Dark Fate** Sci-fi adventure starring Arnold Schwarzenegger. Sarah Connor must stop an advanced liquid Terminator from hunting down a young girl, whose fate is critical to the human race. (2019, 15, 123min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Vivarium** Sci-fi thriller starring Jesse Eisenberg and Imogen Poots. Things take a strange turn when a young couple buy their first home together. (2019, 15, 97min) ★★★ **10 PM**
1.30 **to 3.55** AM **Carol** Romantic drama based on Patricia Highsmith's novel *The Price of Salt*, starring Cate Blanchett. (2015, 15, 114min) ★★★★★ **11 PM**

+1 hour 314 430 47 301

GREAT! movies romance

319 424 52 303

6.00 AM **Cooking with Love** Romantic comedy drama. (2018, PG, 90min) ★★
8.00 **A Honeymoon to Remember** Drama. (2021, PG, 85min) ★★
10.00 **Love, Once and Always** Drama. (2018, PG, 90min) ★★
12.00 NOON **Love in the Sun** Drama. (2019, PG, 90min) ★★
2.00 PM **Love, Take Two** Romantic drama. (2019, PG, 90min) ★★
4.00 **Truly, Madly, Sweetly** Drama. (2018, PG, 82min) ★★
6.00 **The Beach House** Drama with Andie MacDowell and Minka Kelly. (2018, PG, 90min) ★★
8.00 **Evening** Romantic drama starring Claire Danes, Toni Collette and Vanessa Redgrave. (2007, 12, 117min) ★★★★
10.15 **Hello, It's Me** Romantic drama with Rebecca Ablack and Kristi Angus. (2015, PG, 95min) ★★
11.50 **A Picture Perfect Wedding** Drama. (2021, PG, 90min) ★★
1.30 AM **Love Stories in Sunflower Valley** Comedy. (2021, PG) ★★
3.00 **The Wedding Ring** Romantic drama. (2020, PG, 85min) ★★
4.30 **to 6.00** AM **Love's Sweet Recipe** Drama. (2021, PG) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Girlfriend Killer** Thriller. (2017, 12, 90min) ★★
10.40 **A Focus to Kill** Thriler. (2018, 12, 90min) ★★
12.20 PM **The Sinister Surrogate** Thriller. (2018, 12, 90min) ★★
2.00 **Emma** Jane Austen adaptation. (1996, U, 120min) ★★★★
4.25 **Chocolat** Comedy fantasy starring Juliette Binoche. (2000, 12, 120min) ★★★★
6.50 **Sweet Home Alabama** Comedy starring Reese Witherspoon and Josh Lucas. (2002, 12, 109min) ★★★
9.00 **Date Night** Crime comedy with Steve Carell and Tina Fey. A couple end up on the run from mobsters after their romantic night out takes a dangerous turn. (2010, 15, 87min) ★★★★
10.50 **Kramer vs Kramer** Oscar-winning drama starring Dustin Hoffman and Meryl Streep. (1979, PG, 104min) ★★★★★
1.00 AM **Black Widow** Thriller. (2007, 12, 100min) ★★
2.40 **Lost Letter Mysteries: Reconcilable Differences** (2014)
4.20 **to 6.00** AM **Lost Letter Mysteries: Freedom to Give**

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **War Machines**
7.10 **Battle of the Coral Sea** War drama. (1959, b/w, PG) ★★
8.55 **The Two-Headed Spy** Thriller. (1958, b/w, PG, 89min) ★★
10.45 **Battle Stations** World War Two drama. (1956, b/w, U, 81min) ★★
12.35 PM **Eight Iron Men** Adventure. (1952, PG, 80min) ★★★
2.20 **The Last Posse** Western. (1953, b/w, U, 73min) ★★
3.45 **Brave Warrior** Western. (1952, U, 73min) ★★
5.10 **3.10 to Yuma** Classic Western. (1957, b/w, PG, 80min) ★★★★
7.00 **Lost Command** Wartime drama starring Anthony Quinn, Alain Delon and George Segal. (1966, 15, 130min) ★★
9.30 **The Exception** World War Two drama starring Lily James and Jai Courtney. A German soldier falls for a young Jewish-Dutch woman during an investigation. (2016, 15, 107min) ★★★
11.40 **The Great War** World War One drama starring Billy Zane. (2019, 15, 108min) ★★
1.55 **to 4.00** AM AM **Sniper Elite** Sci-fi adventure with Matthew Reese. (2014, 15, 91min) ★★

+1 hour 324

Movies 24

325 419

7.00 AM **Fairfield Road** Romance. (2010, PG, 89min) ★★★
9.00 **Save the Wedding** As 3.00am.
11.00 **Sincerely, Yours, Truly** Drama. (2020, PG, 90min) ★★
1.00 PM **Groundswell** Comedy. (2022, PG, 84min) ★★
3.00 **PREMIERE** **Inspiring Love** Drama. (2023, PG, 85min) ★★
5.00 **Game, Set, Love** Comedy. (2022, PG, 84min) ★★
7.00 **Stepping into Love** Romantic drama, starring Jenna Michno and Christian Howard. The curator of a struggling museum works with an avant garde artist to develop an unconventional exhibit. (2023, PG, 82min) ★★
9.00 **My Birthday Romance** Romantic comedy starring Ali Cobrin and Jesse Hutch. A woman is determined to find a pretend boyfriend for her 35th birthday party. With Charles Cottier. (2020, PG, 90min) ★★
11.00 **Romance on the Menu** Drama. (2020, PG, 90min) ★★
1.00 AM **My Boyfriends' Dogs** Comedy. (2014, PG, 84min) ★★
3.00 **to 5.00** AM **Save the Wedding** Drama. (2021, PG, 86min) ★★

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

6.25 PM **Indiana Jones and the Last Crusade** *E4* Steven Spielberg's adventure with Harrison Ford and Sean Connery. ★★★★★
6.40 **Anzio** *5Action* War drama starring Robert Mitchum. ★★★
6.55 **Yes Man** *ITV2* Comedy starring Jim Carrey, Zooey Deschanel and Terence Stamp. ★★★
9.00 **High Plains Drifter** *ITV4* Western directed by and starring Clint Eastwood. ★★★★
9.00 **The Inbetweeners 2** *E4* Comedy sequel. ★★
9.00 **Edge of Tomorrow** *5STAR* Sci-fi adventure starring Tom Cruise. ★★★★
9.00 **Beverly Hills Cop** *Comedy Central* Comedy. ★★★★★
9.00 **The Last Witch Hunter** *Sky Sci-Fi* Fantasy. ★★★
9.00 **Conan the Barbarian** *5Action* Action fantasy. ★★★
10.00 **Mr. Jones** *BBC2* Drama. ★★★★
10.00 **Kick-Ass 2** *BBC3* Thriller. ★★★
11.00 **The Lost Future** *Sky Sci-Fi* ★★
11.15 **The Good, the Bad and the Ugly** *ITV4* Western. ★★★★★
11.15 **Déjà Vu** *5STAR* Thriller. ★★★★
11.40 **Lock Up** *5Action* Drama. ★★

Sunday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Goals on Sunday**
8.30 LIVE **International T20 Cricket Bangladesh v England.** The second T20 in the three-match series, at Sher-e-Bangla National Cricket Stadium.
1.00 PM LIVE **EFL Norwich City v Sunderland.** Coverage of the Championship match at Carrow Road. Kick-off **12.00noon**.
2.00 LIVE **Super Sunday Fulham v Arsenal.** Coverage of the Premier League match at Craven Cottage. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Newcastle United v Wolverhampton Wanderers.** The Premier League match at St James' Park. Kick-off **4.30pm**.
7.00 LIVE **The Players Championship** Coverage of the final day from TPC Sawgrass in Ponte Vedra Beach, Florida.
10.30 LIVE **NBA Basketball Philadelphia 76ers v Washington Wizards.** The Eastern Conference match at Wells Fargo Centre. Tip-off **10.00pm**.
12.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **Premier League Highlights**
7.30 **SNF** Crystal Palace v Man City.
8.00 **Premier League Highlights**
10.00 **Super Sunday Matchday**
12.00 NOON **Sports Sunday**
1.00 PM LIVE **Super Sunday Fulham v Arsenal.** Coverage of the Premier League match at Craven Cottage. Kick-off **2.00pm**.
4.00 LIVE **Super Sunday Newcastle United v Wolverhampton Wanderers.** Coverage of the Premier League match, which takes place at St James' Park. Kick-off **4.30pm**.
7.30 LIVE **WSL Arsenal v Reading.** Coverage of the Women's Super League match, staged at Meadow Park. Kick-off **6.45pm**.
9.30 **Newcastle – The Entertainers**
10.00 **Premier League Highlights** West Ham United v Aston Villa.
10.30 **Premier League Highlights** Action from Fulham v Arsenal.
11.00 **Premier League Highlights**
2.30 AM **Premier League Best Goals**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Goals: Leagues 1 & 2**
6.30 **EFL Highlights**
8.00 **EFL Goals: Leagues 1 & 2**
8.30 **EFL Highlights**
10.00 **EFL Goals: Leagues 1 & 2**
10.30 **EFL Highlights**
11.30 LIVE **EFL Norwich City v Sunderland.** Coverage of the Championship match at Carrow Road. Kick-off **12.00noon**.
2.30 PM LIVE **Irish Football Linfield v Coleraine.** Coverage of the BetMcLean Cup final from Windsor Park. Kick-off **3.00pm**.
5.30 **EFL Highlights**
6.30 LIVE **WSL Arsenal v Reading.** Coverage of the Women's Super League match, staged at Meadow Park. Kick-off **6.45pm**.
9.30 **Division 1 Feminine** Action from Paris Saint-Germain v Reims.
11.30 **EFL Highlights** Action from Norwich City v Sunderland.
11.45 **EFL Highlights** Action from Queens Park Rangers v Watford.
12.00 M'T **WSL** Arsenal v Reading.
12.30 AM **EFL Goals: Leagues 1 & 2**
1.00 **EFL** Brentford v Swansea City in the 2020/21 season.
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Best of ICC WT20**
6.30 **Test Cricket** Highlights of South Africa v West Indies.
7.30 **International T20 Cricket** Bangladesh v England.
8.30 LIVE **International T20 Cricket Bangladesh v England.** Coverage of the second T20 in the three-match series, which takes place at Sher-e-Bangla National Cricket Stadium.
1.00 PM **Kids Coaching Clinic**
1.20 **Best of ICC WT20**
1.50 LIVE **WPL UP Warriorz v Mumbai Indians.** Coverage of the Women's Premier League T20 match at Brabourne Stadium.
6.00 **Test Cricket** Highlights of South Africa v West Indies.
7.00 **International T20 Cricket** The second T20 match between Bangladesh and England.
8.00 **Pakistan Super League** Islamabad Utd v Peshawar Zalmi.
9.00 **Pakistan Super League** Lahore Qalandars v Karachi Kings.
10.00 **WPL** Action from UP Warriorz v Mumbai Indians.
11.00 **International T20 Cricket**
4.30 AM **Best of ICC WT20**
5.00 **to 6.00** AM **WPL**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **The Players Championship** Day three at TPC Sawgrass.
7.00 **Masterpiece Theatre** The Players Stadium Course.
7.15 **PGA Tour Profiles** Two-time Major winner Sandy Lyle.
7.30 **The Players Championship Official Film** A look back at the 2022 staging of the tournament.
8.30 **The Players Championship** Day three at TPC Sawgrass.
9.30 LIVE **DP World Tour Golf** Coverage of the fourth day's play of the Magical Kenya Open, which takes place at Muthaiga Golf Club in Nairobi, where China's Wu Ashun was victorious last year.
2.00 PM LIVE **The Players Championship** Coverage of the final day's play of the prestigious tournament from TPC Sawgrass in Ponte Vedra Beach, Florida.
10.30 **Golf** Action from the fourth day's play of the Women's Asian Amateur Golf Championship.
2.30 AM **The Players Championship** Day four at TPC Sawgrass.
3.30 **The Players Championship Official Film** A look back at the 2019 staging of the tournament.
4.30 **to 6.00** AM **Golf Academy**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM LIVE **Test Cricket India v Australia.** Coverage of day four of the fourth and final Test in the series at Narendra Modi Stadium.
12.00 NOON **Rugby Stories**
12.30 PM LIVE **Gallagher Premiership Rugby Union Gloucester v Leicester Tigers.** At Kingsholm. Kick-off **1.00pm**.
3.15 **Deaf Away Days**
3.30 **WWE Friday Night SmackDown**
5.00 LIVE **Serie A AS Roma v Sassuolo.** Coverage from Stadio Olimpico. Kick-off **5.00pm**.
7.00 **Golazzo Live**
7.45 LIVE **Serie A Juventus v Sampdoria.** Coverage from Allianz Stadium. Kick-off **7.45pm**.
10.00 **UEFA Europa League & Conference League Magazine**
11.00 **WWE SmackDown Highlights**
12.00 M'T **WWE NXT**
1.45 AM **Gallagher Premiership Rugby Highlights**
3.15 **UEFA Europa League Goals Reload** Recent action.
3.30 **BT Sport Reload**
3.45 **to 6.00** AM LIVE **Test Cricket India v Australia.** Day five of the fourth and final Test in the series.

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **ESPN FC** Football news.
6.30 **Premier League**
8.00 **UEFA Champions League**
8.30 **What Went Down**
9.00 **WWE Raw Highlights**
10.00 **WWE SmackDown Highlights**
11.00 **ESPN FC** Football news.
11.30 LIVE **Serie A Lecce v Torino.** At Stadio Ettore Giardiniero – Via del mare. Kick-off **11.30am**.
1.30 PM **UEFA Champions League**
2.00 LIVE **Serie A Cremonese v Fiorentina.** Kick-off **2.00pm**.
4.00 LIVE **Ligue 1 Monaco v Reims.** Kick-off **4.00pm**.
6.00 **Test Cricket Highlights**
7.00 **UEFA Champions League**
7.30 LIVE **Ligue 1 Marseille v Strasbourg.** Kick-off **7.45pm**.
9.45 **Europa League Goals Reload**
10.00 **CBB: Selection Sunday**
12.00 M'T **CBB: Women's Selection Show** The 64-team bracket.
2.00 AM **CBB: NIT Selection**
2.30 **Hockey** India v Australia.
3.30 **UFC** The tale of Leon Edwards.
4.00 **Europa League Goals Reload**
4.15 **to 6.15** AM LIVE **A-League Women Melbourne Victory v Melbourne City.** Coverage from AAMI Park. Kick-off **4.20am**.

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **UEFA Champions League Tonight** Key talking points.
7.00 **Serie A** Empoli v Udinese. **8.00** Napoli v Atalanta. **9.00** Action from Bologna v Lazio.
10.00 **Ligue 1** Auxerre v Rennes. **11.00** Action from Brest v Paris Saint-Germain.
12.00 NOON LIVE **Ligue 1 Clermont v Lens.** Coverage of the French top-flight match at Stade Gabriel Montpied. Kick-off **12.00noon**.
2.00 PM LIVE **Ligue 1 Nantes v Nice.** Coverage of the French top-flight match at Stade de la Beaujoire. Kick-off **2.00pm**.
4.00 **Test Cricket Highlights** New Zealand v Sri Lanka: Day four from Hagley Oval in Christchurch.
5.00 LIVE **College Basketball** Coverage of the SEC Championship Game.
7.15 LIVE **College Basketball** Coverage of the ACC Championship Game.
9.30 PM **to 6.00** AM LIVE **Test Cricket New Zealand v Sri Lanka.** Coverage of day five of the first Test in the two-match series at Hagley Oval, Christchurch.

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **The Rugby Championship**
7.30 **My Icon** Maggie Alphonsi.
7.45 **NFL Bitesize Highlights**
9.45 **British Basketball** A replay of Manchester Giants v London Lions.
12.00 NOON **Netball Superleague** Team Bath v Surrey Storm.
2.00 PM **Fight Night** Another chance to see Tony Yoka v Carlos Takam.
7.00 **Top Rank Boxing Archive** George Foreman v Gerry Cooney. **7.30** A chance to see Floyd Mayweather v Diego Corrales.
8.30 **Fight Night** Amir Khan v Kell Brook from February 2022.
9.30 **Top Rank Boxing Archive** Another chance to see George Foreman v Gerry Cooney in 1990.
10.00 **NFL Bitesize Highlights** Action from San Francisco 49ers v Seattle Seahawks. **10.15** Action from Jacksonville Jaguars v Los Angeles Chargers. **10.30** Highlights from Buffalo Bills v Miami Dolphins. **10.45** Highlights of Minnesota Vikings v New York Giants.
11.00 **NFL Bitesize Highlights**
1.00 AM **Super Bowl LVII Highlights**
3.00 **Super Bowl LIV Highlights**
5.00 **to 6.00** AM **NFL: America's Game**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **Test Cricket**
7.00 **Betfred Super League Highlights** Recent action.
7.30 **Formula 1** Bahrain Grand Prix.
8.30 **My Icon** Double bill.
8.50 LIVE **Pakistan Super League Islamabad United v Peshawar Zalmi.** Coverage of the match at Rawalpindi Cricket Stadium.
1.00 PM **Best of ICC WT20**
1.30 **My Icon** Double bill.
1.50 LIVE **Pakistan Super League Lahore Qalandars v Karachi Kings.** Coverage of the match at Rawalpindi Cricket Stadium.
6.00 **Best of ICC WT20**
6.15 **Bundesliga Clubs**
6.20 LIVE **Bundesliga VfL Wolfsburg v Union Berlin.** Coverage from Volkswagen Arena. Kick-off **6.30pm**.
8.30 **Betfred Super League Highlights** Recent action.
9.30 **Formula 1** Bahrain Grand Prix.
10.30 **Best of ICC WT20**
11.00 **Test Cricket**
12.00 M'T **Pakistan Super League**
1.00 AM **Super Bowl LVII Highlights**
3.00 **NBA Basketball**
5.00 **to 6.00** AM **NFL: America's Game**

BT Sport 4

423 423 876 | 530 | 411 434

6.00 AM **WSL Presents**
7.00 **ESPN FC** Football news.
7.30 **College Basketball**
11.00 LIVE **Badminton** Coverage of the finals of the German Open.
4.30 PM LIVE **College Basketball** Coverage of the Ivy League Championship match.
6.00 LIVE **College Basketball** Coverage of the women's Big 12 Championship match.
8.00 **UEFA Champions League Magazine** News and updates.
8.30 LIVE **Primeira Liga Sporting Lisbon v Boavista.** From Estadio Jose Alvalade. Kick-off **8.30pm**.
10.30 **UFC** Double bill.
2.00 AM **College Basketball**
3.45 **WSL Presents**
4.45 **UEFA Europa League Goals Reload**
5.00 **to 6.00** AM **UEFA Europa League & Conference League Magazine**

Eurosport 1

410 410 868 | 521 | 412 435

6.00 AM **Sofia Goggia: Best of Downhill 2022**
6.15 **Alpine Skiing**
8.15 LIVE **Alpine Skiing** In Slovenia.
10.00 LIVE **Ski Jumping** From Oslo.
11.30 LIVE **Alpine Skiing** In Slovenia.
12.40 PM LIVE **Nordic Combined Skiing** From Oslo in Norway.
1.15 **Freestyle Skiing**
2.00 **Biathlon** In Ostersund, Sweden.
2.45 LIVE **Biathlon** From Sweden.
3.45 LIVE **Ski Jumping** From Oslo.
5.15 **Winter Sport – Tessa Worley**
5.30 **Sailing: The Ocean Race**
6.00 LIVE **Triathlon** In Switzerland.
8.00 **Alpine Skiing** From Slovenia.
9.00 **Ski Jumping** From Oslo, Norway.
10.00 **Cycling: Tirreno-Adriatico**
11.00 **Cycling: Paris-Nice**
12.00 M'T **Alpine Skiing** From Slovenia.
1.00 AM **Ski Jumping** In Oslo, Norway.
2.00 **Alpine Skiing**
4.00 **Ski Jumping** From Oslo, Norway.
5.00 **to 7.00** AM **Snooker**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Cycling: Paris-Nice**
6.55 **Cycling: Tirreno-Adriatico**
7.50 LIVE **Nordic Combined Skiing** The men's HS134 in Oslo.
9.00 LIVE **Cross-Country Skiing** The World Cup meeting from Oslo.
12.00 NOON LIVE **Cycling: Paris-Nice** The final stage in Nice.
2.00 PM LIVE **Cycling: Tirreno-Adriatico** Stage seven.
3.45 **Triathlon** Action from Montreal.
4.45 **Short Track Speed Skating**
5.45 **Snooker 147s**
6.00 **Snooker: Six-Red World C'ship**
8.00 **Cycling: Tirreno-Adriatico**
9.00 **Cycling: Paris-Nice**
10.00 **Snooker: Six-Red World C'ship**
12.00 M'T **Cycling: Tirreno-Adriatico**
1.00 AM **Cycling: Paris-Nice**
2.00 **Cycling: Kuurne-Brussels-Kuurne** Action from Belgium.
3.00 **Cycling: Tirreno-Adriatico**
4.00 **World Superbikes**
5.00 **to 6.00** AM **Alpine Skiing**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
7.30 LIVE **Test Cricket South Africa v West Indies.** The fifth day of the final Test in the series.
4.00 PM **Super League Highlights**
4.15 **Bundesliga Clubs**
4.20 LIVE **Bundesliga Werder Bremen v Bayer Leverkusen.** Coverage of the German top-flight encounter from Weserstadion. Kick-off **4.30pm**.
6.30 **NBA Action** The latest news.
7.00 **NBA Basketball**
7.30 LIVE **NBA Basketball Denver Nuggets v Brooklyn Nets.** The inter-conference match, staged at Ball Arena. Tip-off **7.30pm**.
10.00 LIVE **NBA Basketball Philadelphia 76ers v Washington Wizards.** At Wells Fargo Centre. Tip-off **10.00pm**.
12.30 AM **NBA Basketball**
4.30 **Super League Highlights**
5.30 **to 6.00** AM **Super League's Supermen**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **The F1 Show** A look ahead to the Bahrain Grand Prix.
12.00 NOON **Formula 1** The Bahrain Grand Prix third practice session. **1.15** PM A replay of the Bahrain Grand Prix qualifying session.
3.00 **The Notebook**
3.30 **Formula 1** Build-up to the 2023 Bahrain Grand Prix. **4.55** Another chance to see the Bahrain Grand Prix in Sakhir. **7.00** Reaction and analysis from the Bahrain Grand Prix.
8.00 **The Notebook**
8.30 **F1 Feature**
9.00 **Indycar** The Firestone Grand Prix of St. Petersburg.
11.30 **F1 Feature**
11.45 **Indy NXT** The Firestone Grand Prix of St. Petersburg.
1.00 AM **Johnny, Seb & The Green Pea**
1.15 **F1 Feature**
1.30 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Monday

13 March

Evening Planner

Factual

Between the Covers
BBC2, 7pm
Sara Cox returns with the show that celebrates reading. Tonight's guests include Rob Rinder and Angela Scanlon.

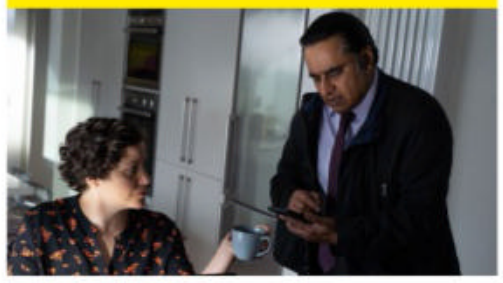
Documentary

Jonathan Ross' Myths and Legends
More4, 9pm
Jonathan Ross explores Britain's folklore, starting in Whitby, the setting for *Dracula*.

Crime Drama

Better
BBC1, 9pm
As the drama concludes, can Lou (Leila Farzad) finally shake off her past and start afresh, for the sake of her family?

Crime Drama



Unforgotten
ITV1, 9pm
New details emerge about the victim's past, and tensions grow between Sunny (Sanjeev Bhaskar) and his new boss.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Cops, Cash... †	8.30 Scarlett's... †	9.00 Better		10.00 News; Local News	
102 BBC2	7.00 Between the...	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Parole		10.00 Detectorists	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Unforgotten		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Jamie's £1 Wonders		9.00 Paula		10.00 Sex Actually with Alice Levine	
105 CHANNEL 5	7.00 Motorway Cops: Catching Britain's...		8.00 Traffic Cops		9.00 Casualty 24/7: Every Second Counts		10.00 999: Emergency Call Out	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Oscars 2023: Highlights				10.00 Sport's Funniest Moments	
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Go Hard or Go Home		10.00 Sliced	10.30 Cuckoo
116 BBC4	7.00 Great British...	7.30 Villages by the...	8.00 Archaeology: A Secret History		9.00 Art of France		10.00 The Rise of the Murdoch Dynasty	
118 ITV2	7.00 The Masked Singer US		8.00 Superstore		9.00 Love Island: The Final – Live			10.35 Family Guy
136 MORE4	◂ 6.55 Escape to the Chateau		7.55 Grand Designs		9.00 Jonathan Ross' Myths and Legends		10.00 Chernobyl: The New Evidence	
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.10 Celebrity SAS: Who Dares Wins USA		10.05 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 9-1-1: Lone Star		9.00 Blue Bloods		10.00 Coroner	
108 SKY ATLANTIC	◂ 6.45 Yellowjackets		7.50 Game of Thrones		9.00 The Last of Us		10.00 Succession	
110 GOLD	◂ 6.40 Dad's Army		8.00 The Good Life		9.15 The Young Ones		10.00 Not Going Out	10.40 Live at...
111 DAVE	7.00 House of Games	7.40 Room 101		8.20 Would I Lie to You?	9.00 QI XL		10.00 Have I Got a Bit More News for You	
119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Grantchester	
120 ITV4	◂ 6.50 The Chase Celebrity Special		7.55 The Grand Fishing Adventure		9.00 Film: In the Line of Fire			
112 COMEDY CENTRAL	7.00 Friends				9.00 Last Man Standing		10.00 Impractical Jokers	
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Star Trek: Voyager		9.00 Room 104		10.00 Trickster	
113 SKY MAX	7.00 Stargate SG-1		8.00 Oscars 2023: Highlights				10.00 Sport's Funniest Moments	
132 ALIBI	7.00 Person of Interest		8.00 Death in Paradise				10.00 Murdoch Mysteries	
130 SKY ARTS	7.00 André Rieu: Welcome to My World		8.00 Oscars 2023: Highlights				10.00 André Rieu: Romantic Paradise	
DOCUMENTARY								
125 DISCOVERY	7.00 Kindig Customs		8.00 Dive Wars Australia		9.00 Bitchin' Rides		10.00 Diesel Brothers	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Cold Blooded Peruvian Predator...		9.00 South American Squatch of Argentina...		10.00 Alaska Monsters	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Airport Security: First Class Rome		9.00 Air Crash Investigation		10.00 Trafficked with Mariana Van Zeller	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Treasures Decoded		9.00 The Witches of Salem		10.00 Film: The Mark of the Bell Witch	
155 YESTERDAY	7.00 Secrets of the London Underground		8.00 Hornby: A Model World		9.00 The Architecture the Railways Built		10.00 Bangers and Cash	
121 SKY DOCS	7.00 Escobar by Escobar		8.00 The Vow		9.00 Film: Going Clear: Scientology and the Prison of Belief			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.50 Where the Crawdads Sing		8.00 Elvis					
303 HITS	◂ 6.05 Summerland		8.00 Central Intelligence				10.00 The Saint	
304 OSCARS	7.00 Oscars 2023: Highlights				9.00 Top Gun: Maverick			
305 ANIMATION		7.10 Ballerina		8.45 The House of Magic				10.15 Samsam
306 FAMILY		7.20 The Amazing Maurice			9.00 Spy Kids			
307 ACTION	◂ 6.00 Spider-Man: Into the Spider-Verse		8.00 I Am Legend			9.45 Blade		
308 COMEDY	◂ 6.10 The Brady Bunch Movie		8.00 Zoolander 2				9.55 Big Daddy	
309 THRILLER	◂ 6.10 Old		8.00 The Manchurian Candidate				10.10 Brooklyn's Finest	
310 DRAMA	◂ 6.05 Albert Nobbs		8.00 Cast Away					10.25 The Survivor
311 SCI-FI	◂ 6.00 Paycheck		8.00 Elysium				10.00 The Faculty	
302 BEST OF 80S	◂ 6.05 Beverly Hills Cop		8.00 Beverly Hills Cop II				10.00 Evil Dead 2	
313 FILM4	◂ 6.30 Charlotte Gray				9.00 Bandits			
315 TCM MOVIES		7.10 Gun Glory			9.00 The Condemned			
SPORT								
401 MAIN EVENT	7.00 Sky Sports News							
402 PREMIER LEAGUE	7.00 Premier League Review		8.00 Gary Neville's Soccerbox		9.00 Premier League Review		10.00 Soccer AM	10.30 PL Retro
403 FOOTBALL	◂ 6.30 Bundesliga Highlights...	7.40 Irish Football – Live: Crusaders v Cliftonville (Kick-off 7.45)				9.45 WSL		10.15 EFL Highlights
404 CRICKET	7.00 WPL		8.00 International T20 Cricket		9.00 WPL		10.00 Talking Cricket	
413 BT SPORT 1	◂ 6.30 PL Review	7.30 Serie A – Live: AC Milan v Salernitana (Kick-off 7.45)					10.00 WWE Raw Highlights	
414 BT SPORT 2	7.00 Hockey		8.00 MLB – Live: Los Angeles Dodgers v Cleveland Guardians (Start-time 8.05pm)					

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Crimewatch Live** New edition 6/15. Presented by Rav Wilding and Michelle Ackerley. (S)
10.45 **Critical Incident** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Doctors** (S)(AD)
2.15 **A Service of Celebration for Commonwealth Day** The King presides over a ceremony and service at Westminster Abbey. (S)
3.45 **Antiques Road Trip** New edition From the Lake District. (S)
4.30 **Bridge of Lies** Game show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 The One Show Alex Jones and Gethin Jones present the topical show. (S)

7.30 EastEnders Denise considers breaking into Jack's laptop to get important information, while Jay and Lexi worry about Lola's health. (S)

8 PM

8.00 Panorama: Cops, Cash and Fraudsters New edition (S)

8.30 Scarlett's Driving School New edition 4/10. (S)
■ The first five editions are available on BBC iPlayer

9 PM

9.00 Better Series finale 5/5. As Vernon is taken into custody, Lou tries to live a normal life. But she still has to deal with suspicion from Sandy and is pushed to breaking point. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW An Irish Goodbye** Comedy drama starring James Martin and Seamus O'Hara. Two estranged brothers reunite following their mother's untimely death. (S)(AD)
11.05 **Go Hard or Go Home** 8/10. With the final in sight, the temperature starts to rise. (S)(R)
12.05 AM 9/10. A challenge is cut short after one trainee is rushed to hospital. (S)(R)
1.05 **The Graham Norton Show** Compilation of highlights from the recent series. (S)(R)
1.55 **Weather for the Week Ahead** (S)
2.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.15 AM **Sunday Morning Stories** (S)(R)
6.45 **Coastal Defenders** (S)(R)(AD)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Winterwatch** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Eggheads** Quiz show. (S)(R)
2.45 **Hairy Bikers' Best of British** (R)
3.30 **Wild West: America's Great Frontier** America's deserts. (S)(R)
4.30 **Priceless Antiques Roadshow** (R)
5.00 **Flog It!** (S)(R)
6.00 **Richard Osman's House of Games** With Reeta Chakrabarti, Olga Koch, Andrew Maxwell and Gareth Thomas. (S)(R)
6.30 **NEW SERIES Coast to Coast Food Festival** 1/20. Edith Bowman and Colin Murray visit the Stranraer Oyster Festival. (S)

8.00 Only Connect

7.00 NEW SERIES Between the Covers 1/6. Sara Cox is joined by DJ Spoony, Angela Scanlon, Rob Rinder and Cerys Matthews. (S)

7.30 Mastermind New edition Clive Myrie presents the first semi-final. (S)

8.00 Only Connect Series finale Victoria Coren Mitchell asks the questions in the final of the quiz show. (S)

8.30 University Challenge New edition The third of the quarter-finals. (S)

9.00 Parole New edition 4/5. Facing the board in this edition are Ruben, who has been serving a sentence for biting a man's ear off, and Tom, who made close to a million pounds dealing cocaine. (S)(AD)

10.00 Detectorists 4/7. Andy suddenly finds himself with a job interview, and Lance has a lot of catching up to do. (S2) (S)(R)(AD)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **FILM Don't Look Now** Nicholas Roeg's supernatural thriller starring Donald Sutherland, Julie Christie and Hilary Mason. (S) (1973, 15, 106min) ★★★★★
1.00 AM **Dave** 9/10. Ally takes Dave with her when she attends her sister's wedding. (S1) (S)(R)(AD)
1.30 **Sign Zone: Countryfile** (S)(R)
2.25 **Sign Zone: Dragons' Den** (S)(R)
3.25 **Sign Zone: Make It at Market** (R)
4.10 **to 6.00** AM **Previews** (S)

ITV1

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team are in Wolverhampton, where a 300-year-old book turns up and Henry Nicholls has his eye on a diamond ring. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show presented by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7.30 Emmerdale Callum attacks Suzy, Marshall is grateful to Jai and Laurel, while Amy and Matty break the news of their engagement. (S)(AD)

8.00 Coronation Street Daisy receives a warning from Justin's sister, Tim goes behind Faye's back in order to see his granddaughter, and Glenda chaperones Beth at her meeting with Marco. (S)(AD)

9.00 Unforgotten New episode 3/6. The victim's turbulent past comes to light and leads the team in another direction. Meanwhile, Sunny and Jess butt heads as progress on the case is slow. (S5) (S)
■ Entire series available on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Cold Case Detectives** 1/3. A team of detectives revisit the 60-year-old case of the murder of six-year-old Carol Ann Stephens. (S)(R)(AD)
11.40 **English Football League Highlights** Action from the latest fixtures, including Sheffield United v Luton Town at Bramall Lane, and Burnley v Wigan Athletic at Turf Moor in the Championship. (S)(R)
1.20 AM **Shop: Ideal World**
3.00 **Wrestling: AEW Dynamite** Hard-hitting wrestling action. (S)
4.40 **Unwind with ITV** (S)
5.35 **to 6.00** AM **James Martin's French Adventure** (S)(SL)(R)(AD)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **Countdown** (S)(R)
6.50 **3rd Rock from the Sun** (S)(R)(AD)
7.40 **The King of Queens** (S)(R)(AD)
9.00 **Frasier** 4-6/24. (S4) (S)(R)(AD)
10.30 **Undercover Boss USA** (S)(R)
11.25 **News** (S)
11.30 **Emergency Helicopter Medics** (R)
12.30 PM **Steph's Packed Lunch** New edition Magazine. (S)
2.10 **Countdown** New edition (S)
3.00 **NEW SERIES Tool Club** 1/15. DIY show hosted by Michael Underwood, giving viewers the chance to improve their skills. (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition (S)
5.30 **Come Dine with Me** New edition Night one from Huddersfield. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** Peri decides to surprise her girlfriend with a trip. (S)(AD)

9.00 Paula

7.00 **News** (S)

7.55 The Political Slot Helen Morgan MP discusses the Liberal Democrat view on issues in rural communities such as north Shropshire. (S)

8.00 Jamie's £1 Wonders New edition 2/6. Jamie shares clever ways to make meat stretch further, preparing meatball kebabs on a bed of creamy lentils and rice, and crispy pork noodles with sticky ginger and garlic. (S)(AD)

9.00 NEW SERIES Paula 1/2. Focusing on TV host Paula Yates' rise to fame, including her appearances on *The Tube*, and the fame she and husband Bob Geldof experienced after Live Aid in 1985. (S)(AD)
■ Entire series available on All4

10.00 Sex Actually with Alice Levine Series finale 3/3. The presenter finds out about mixing sex and eroticism with food and weight gain, meeting two British mothers who have built a following from fetish videos. (S)
11.05 **Send Nudes: Body SOS** (S)(R)
12.05 AM **NEW Untold: From Rap to Riches** Documentary. (S)(SL)(AD)
12.35 **Kitchen Nightmares USA** (SL)(R)
1.25 **The Simpsons** (S)(R)(AD)
1.50 **Couples Come Dine with Me** (R)
2.40 **Grand Designs** (S)(SL)(R)(AD)
3.35 **Old House, New Home** (SL)(R)
4.30 **Location, Location, Location** (R)
5.25 **Keep Cooking and Carry On** (R)
5.50 **to 6.10** AM **Kirstie's Fill Your House for Free** (S)(R)

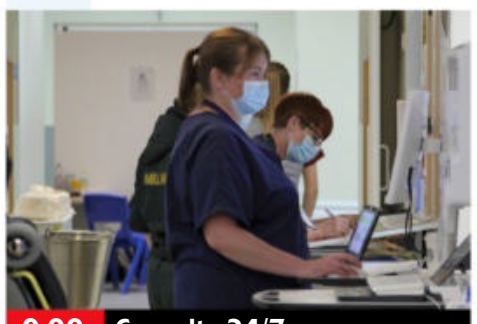
+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

6.00 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.45 PM **GPs: Behind Closed Doors** A depression sufferer returns to the surgery. (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Hidden Family Secrets** Thriller starring Alex Paxton-Beesley and Madelyn Keys. (S) (2021, 12, 105min) ★★★
4.00 **Bargain-Loving Brits in the Sun** Following expat Keith and his family, who run a busy butcher's shop. (S)(R)
5.00 **News** (S)
6.00 **Big Road Rescue: Emergency Call Out** A lorry stuck in reverse gear blocks traffic in Leicester city centre. (S)(R)
6.55 **News** (S)



9.00 Casualty 24/7

7.00 **Motorway Cops: Catching Britain's Speeders** 1/8. The hunt for a drunk driver in Chester, who has left a trail of damage to parked cars (S)(R)
7.55 **News** (S)
8.00 **Traffic Cops** New edition A young driver appears to be in denial when he blows almost twice the drink drive limit on the roadside and asks officers to call his mum to prove that he doesn't drink. (S)
9.00 **Casualty 24/7: Every Second Counts** New edition 2/4. A flood of patients with COVID-19 puts staff in the A&E department of Barnsley Hospital under pressure with every arrival needing swabbing. (S)
10.00 **999: Emergency Call Out** 3/10. Paramedic Ayshe and special sergeant Hannah respond to two calls – a car that has crashed into a wall and ended up on its roof, and a heated argument in a convenience store. (S)(R)
11.05 **999: Critical Condition** 2/12. A man has sustained numerous injuries after being trapped in his car. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **LeoVegas Live Casino Show**
3.00 **World's Busiest Train Stations** Double bill. (S)(R)
4.40 **World's Cutest Ever Baby Animals** (S)(SL)(R)
5.25 **to 5.55** AM **Nick's Quest** (S)(R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Wild Tales from the Farm** A hen flies the coop. (S)(R)(AD)
9.00 **Nothing to Declare** (S)(R)(AD)
10.00 **Supergirl** 5/19. (S5) (S)(R)
11.00 **NCIS: New Orleans** (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
2.00 **S.W.A.T.** 7/22. (S5) (S)(R)(AD)
3.00 **Shark Squad** (S)(R)
4.00 **The Conners** 19/20. (S3) (R)
4.30 **Futurama** (S)(R)
5.00 **The Simpsons** (S)(R)
5.30 **The Fresh Prince of Bel Air** *The Philadelphia Story:* 26/26. Will decides to visit his old neighbourhood. (S4) (S)(R) **6.00** *The Client:* 1/25. Will promotes Ashley's career. (S5)
6.30 **The Simpsons** *Simpson Tide:* Homer finds a new job. (S)(R)

5.30 The Fresh Prince of Bel Air

7.00 **The Simpsons** *The Trouble with Trillions:* Homer goes undercover for the government. (S)(R) **7.30** *Girly Edition:* Bart and Lisa begin co-hosting a kids' news programme. (S)(R)
8.00 NEW **Oscars: Highlights** A look at the best moments and stories from the 95th Academy Awards ceremony, where Hollywood's finest gathered for a celebration of the year's greatest cinematic achievements.
10.00 **Sport's Funniest Moments** A look at some of the funniest and most farcical moments from the sporting world, in the company of the likes of James Haskell and Chris Kamara. (S)(R)(AD)
11.00 **A League of Their Own Road Trip: Southeast Asia** With Alan Carr and Emily Atack. (S)(R)
12.00 M'T **Fantasy Football League** With guests Russell Howard and Jaime Winstone. (R)
12.35 AM **Saturday Night Live** (R)
2.05 **NCIS: Los Angeles** (S)(R)
3.00 **Hawaii Five-0** (S3) (S)(R)
4.00 **S.W.A.T.** 7/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
8.00pm Disclosure: Out on the Pitch (S) **8.30-9.00** Grand Tours of Scotland's Rivers. (S) **11.05** Panorama: Cops, Cash and Fraudsters (S)(SL) **11.35** Sportscene: SWPL Highlights (S) **12.20am** Go Hard or Go Home (S)(R) **2.20** The Graham Norton Show (S)(R) **3.10** Weather for the Week Ahead (S) **3.15-6.00am** BBC News (S)

N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
10.40pm Ireland's Rugby Number 10 (S)(R) **11.40** FILM An Irish Goodbye (S) (2022, 25min) **12.05-1.05am** Go Hard or Go Home (S)(R)

WALES
Sky **952**, Virgin **864**, Freesat **964**
8.00pm X-Ray (S) **8.30-9.00** Food Fest Wales (S) **10.40** Cops, Cash and Fraudsters – Panorama (S)(SL) **11.10** FILM An Irish Goodbye (S) (2022, 25min) **11.35** Go Hard or Go Home (S)(R) **1.35-6.00am** BBC News (S)

BBC1 North/NE/NW/Yorkshire/Lincolnshire
Sky **956**, Freesat **966**
1.05-1.55am The Super League Show (S)

BBC2

N. IRELAND
Sky **972**, Freesat **969**
10.00-10.30pm Ar Scáth an Cheoil (S)(R)

WALES
Sky **971**, Freesat **971**
No variations

ITV1

As main ITV1 except:
WALES
10.45-11.40pm Sharp End (S)

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Dan Do **1.00** Nyrsys (AD) **1.30** Cegin Bryn: Y Dosbarth Meistr **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Am Dro! (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobl a'u Gerddi **6.30** Rownd a Rownd (AD) **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C a'r Tywydd **8.00** Y Byd ar Bedwar **8.25** Bois y Pizza: Chwe' Gwlad (AD) **8.55** Newyddion S4C a'r Tywydd **9.00** Ffermio **9.30** Sgorio **10.00** Codi Hwyl **10.30-11.35pm** Gwesty Aduniad

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/141 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear**
7.55 **The Catch Up**
8.00 **Glow Up: Britain's Next Make-Up Star** Aspiring make-up artists battle to be named Britain's next make-up star.
9.00 **Go Hard or Go Home** New edition 9/10. A challenge is cut short after a trainee is rushed to hospital, and speculation is rife about what this means for the contest as their future hangs in the balance.
10.00 **Sliced** 3/3. Naomi is rightly furious when she gets sent an unsolicited gift. (S1)
10.30 **Cuckoo** 1/6. Comedy series starring Greg Davies. (S1)
11.00 **Cuckoo** 2/6. Ken lays down some ground rules. (S1)
11.30 **Tonight with Target**
12.15 AM **The Pig Butchering Romance Scam**
1.05 **Brickies** Documentary.
1.35 **Go Hard or Go Home**
2.35 **Cuckoo** Double bill.
3.35 **to 4.00** AM **My Mate's a Bad Date**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Travelling from Lossiemouth to Inverness.
7.30 **Villages by the Sea** 4/6. Ben Robinson visits Charlestown in Cornwall.
8.00 **Archaeology: A Secret History** 2/3. A look at how discoveries in the 18th and 19th centuries overturned previous beliefs.
9.00 **Art of France** 3/3. Andrew Graham-Dixon examines the development of Impressionism.
10.00 **The Rise of the Murdoch Dynasty** 1/3. Documentary looking at media mogul Rupert Murdoch's influence on international politics.
11.00 **Donald Campbell: Speed King** Documentary.
12.00 M'T **Archaeology: A Secret History**
1.00 AM **Great British Railway Journeys** As 7.00pm.
1.30 **Villages by the Sea**
2.00 **The Rise of the Murdoch Dynasty** As 10.00pm.
3.00 **to 4.00** AM **Art of France**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** With Sam Thompson.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Location, Location, Location** House-hunting in the Kentish countryside.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer meet a couple in Rushden in Northamptonshire.
6.55 **Escape to the Chateau** The wooden double front door with its metal tracery is in a state of disrepair.
7.55 **Grand Designs** A couple transforming a Victorian dairy into a family home.
9.00 NEW SERIES **Jonathan Ross' Myths and Legends** 1/4. Jonathan travels around the UK on the hunt for incredible tales. *See feature, page 21.*
10.00 **Chernobyl: The New Evidence** 2/2. Exploring how far Soviet leaders were willing to go to cover up the Chernobyl disaster.
11.05 **24 Hours in A&E**
12.10 AM **Jonathan Ross' Myths and Legends**
1.15 **8 Out of 10 Cats Does Countdown**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Hotel Hell**
9.00 **The Goldbergs**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **Brooklyn Nine-Nine** Double bill.
1.00 PM **The Big Bang Theory**
3.00 **Modern Family**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Newly reunited couple Juliet and Peri escape to Brighton.
7.30 **Married at First Sight Australia** New edition The final two weddings take place with 41-year-old single mum Melissa being partnered with Disney-loving dad-of-two Josh.
9.10 **Celebrity SAS: Who Dares Wins USA** New edition Pressure is applied to the celebrities, who face a tactical repel.
10.05 **Gogglebox** Appraisals of *Sitting on a Fortune* and *Nadiya's Fast Flavours*. **11.15** Opinions on *The Graham Norton Show* and *Mary Berry: Love to Cook*.
12.20 AM **Married at First Sight Australia** As 7.30pm.
2.00 **Celebrity SAS: Who Dares Wins USA**
2.45 **Gogglebox** As 10.05pm.
3.45 **Ramsay's Hotel Hell**
4.30 **The Big Bang Theory**
4.55 **to 6.00** AM **The Goldbergs**

+1 hour 235 | 146 | 30 | 123

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security USA**
8.00 **Border Patrol**
9.30 **Caught Red Handed**
11.00 **Elementary** 6/13. (S7)
12.00 NOON **FBI** 2/15. (S3)
1.00 PM **9-1-1** 14/18. The team race to save a woman who has fallen over her balcony. (S5)
2.00 **Bull** 1/22. An insurance company is sued by a dying mother. (S3)
3.00 **The Real A&E**
4.00 **Nothing to Declare**

8.00 9-1-1: Lone Star

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **9-1-1: Lone Star** *Act of God:* 4/10. The teams battle to save lives as a huge tornado sweeps through Austin. (S1)

9 PM

9.00 **Blue Bloods** New episode *First Blush:* 2/16. Frank announces that he will not endorse Erin's run for district attorney. (S13)

10 PM

10.00 **Coroner** *No Justice No Peace:* 6/10. After a night of partying , Ross finds himself embroiled in a murder investigation. (S3)
11.00 **FBI** 15/19. (S2)
12.00 M'T **FBI: Most Wanted** (S3)
1.00 AM **The Equalizer** 3/10. (S3)
2.00 **Road Wars**
3.00 **Lincoln Rhyme: Hunt for the Bone Collector** 7/10. (S1)
4.00 **Elementary** 9/13. (S7)
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 163

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Fish Town**
7.55 **The Affair** 5&6/10. (S1)
10.05 **Ray Donovan** 9&10/10. (S7)
12.10 PM **Game of Thrones** (S5)
1.10 **The Leftovers** 9&10/10. (S2)
3.30 **Gomorrah** 1/12. Italian crime drama starring Marco D'Amore. Subtitled. (S1)
4.35 **Succession** 1/10. Magnate Logan Roy shocks his family. **5.40** 2/10. Greg is tasked to retrieve some important items from the Roy apartment. (S1)
6.45 **Yellowjackets** 1/10. Drama starring Juliette Lewis. (S1)

9.00 The Last of Us

7.50 **Game of Thrones** *Mother's Mercy:* 10/10. Cersei seeks forgiveness in King's Landing, while Jon is challenged at the Wall. (S5)

9.00 **The Last of Us** Series finale 9/9. A smuggler is tasked with escorting a girl across the United States. (S1)

10.00 **Succession** *All the Bells Say:* 9/9. Shiv, Kendall and Roman join forces, and Tom makes a life-changing decision. (S3)
11.15 **Big Little Lies** 3/7. Madeline's issues come to the surface in a therapy session. (S2)
12.20 AM **The Gilded Age** 3/9. (S1)
1.30 **Perry Mason** 1/8. (S1)
2.35 **Game of Thrones** 1/10. (S6)
3.40 **In Treatment** 7/24. (S4)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate SG-1** (S4)
8.00 **DC's Legends of Tomorrow**
9.00 **Quantum Leap** 5/22. (S3)
10.00 **Supergirl** 5/19. (S5)
11.00 **NCIS: New Orleans** (S6)
1.00 PM **Hawaii Five-0** (S3)
2.00 **S.W.A.T.** 7/22. (S5)
3.00 **Quantum Leap** 4/22. (S3)
4.00 **DC's Legends of Tomorrow**
5.00 **Supergirl** 5/19. (S5)
6.00 **Stargate SG-1** 18/22. The team are transfixed by a beautiful device encountered on another planet. (S4)

5.00 Supergirl

7.00 **Stargate SG-1** *Prodigy:* 19/22. Carter takes a cadet under her wing, but soon has regrets about her decision. (S4)

8.00 **NEW The Oscars: Highlights** The best moments and stories from the 95th Academy Awards ceremony, where Hollywood's finest gathered for a celebration of the year's greatest cinematic achievements.

10.00 **Sport's Funniest Moments** Farcical moments from the sporting world.
11.00 **A League of Their Own Road Trip: Southeast Asia**
12.00 M'T **Fantasy Football League**
12.35 AM **Funny Woman** 5/6. (S1)
1.30 **Road Wars**
2.00 **NCIS: Los Angeles** 1/22. (S11)
3.00 **Hawaii Five-0** 15/24. (S3)
4.00 **S.W.A.T.** 7/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Love Bites**
8.00 **Dress to Impress**
9.00 **Chuck** 20/24. (S4)
10.00 **One Tree Hill** 4/22. (S3)
11.00 **The O.C** 22/24. (S2)
12.00 NOON **Love Bites**
1.00 PM **Dress to Impress**
2.00 **Supermarket Sweep**
3.05 **Chuck** 21/24. (S4)
4.00 **One Tree Hill** 5/22. (S3)
5.00 **The O.C** 23/24. (S2)
6.00 **Celebrity Catchphrase**

9.00 Love Island: The Final

7.00 **The Masked Singer US** A new wildcard enters the game as Bull, Hamster, Skunk, Baby and Pepper perform.

8.00 **Superstore** 15/21. Garrett tries to con Glenn. **8.30** 16/21. Employees experience problems with the new Zephra app. (S5)

9.00 **Love Island: The Final** Series finale Maya Jama presents as the competition reaches the end as the couples find out which of them will be named winner.

10.35 **Family Guy** 4/20. Behind the scenes of the *Family Guy* studios. (S15)
11.05 **Family Guy** 17/20. Lois gets a job as a postal worker. (S14)
11.35 **American Dad!** 7&1/16. (S4)
12.30 AM **Superstore** 17&18/21. Double bill of the comedy. (S5)
1.30 **The Stand Up Sketch Show**
2.00 **Kavos Weekender**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Man About the House** (S2)
9.05 **Where the Heart Is** (S5)
11.10 **Agatha Christie's Poirot**
12.20 PM **Heartbeat**
1.25 **Classic Emmerdale**
3.00 **Classic Coronation Street**
3.35 **Midsomer Murders** *The Green Man:* Human skeletons are unearthed.
5.35 **Downton Abbey** 4/9. Branson declares his true feelings for Sybil. (S2)

5.35 Downton Abbey

6.55 **Heartbeat** *Friendly Fire:* Nick is alerted when a lay preacher is wounded in a shooting accident.

8.00 **Grace** *Dead Simple:* 1/1. Det Supt Roy Grace is approached by colleague DS Glen Branson to help investigate the disappearance of a Brighton property developer. (S1)

10.00 **Grantchester** 2/6. Will and Geordie investigate the death of the boss of a cleaning goods brand. (S7)
11.00 **Grantchester** 3/6. A vagrant is found dead in the doorway of Leonard's cafe. (S7)
12.05 AM **Where the Heart Is** *Cats and Dogs:* Beth has a visitor. **1.10** *The Team:* Anna shares her woes with Marie Briggs.
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Inside Central Station**
3.00 **Sign Zone: This Farming Life**
4.00 **This Is BBC Scotland**
7.00 **The Seven**
7.30 **LIVE Sportscene: Scottish Cup** Falkirk v Ayr United: From Firhill. Kick-off is at 7.45.
10.00 **The Agency: Unfiltered** New edition 5/6. The winner of the maternity cover role is announced.
10.30 **Dubai Hustle** 4/4. Ben's deal hangs in the balance. (S1)
11.00 **Loop** Series finale 5/5. Yong-Chin Breslin goes to Glasgow to deliver a make-up masterclass.
11.30 PM **to 12.00** M'T **The Fast and the Farmer-ish** 4/7. The Teutchers take on the Black Reek Pipers in this Scottish heat.

Sky Comedy

114/115 112 347 362

8.00 AM **Futurama** (S2)
9.00 **A.P. Bio** 4&5/8. (S3)
10.00 **Pen15** 7&9/15. (S2)
11.15 **Entourage** (S3)
12.30 PM **Fresh Prince of Bel Air** 24&25/26. (S4)
1.30 **Our Cartoon President**
2.35 **The Office (US)** (S3)
3.00 **Will & Grace** (S3)
4.00 **The Conners** (S3)
4.30 **Futurama** (S6)
5.00 **The Office (US)** (S3)
5.30 **Fresh Prince of Bel Air**
6.30 **Futurama** (S2)
7.30 **The Office (US)** (S5)
8.00 **The Conners** Series finale 20/20. (S3)
8.30 **The Office (US)** (S5)
9.00 **Last Week Tonight with John Oliver** New edition Talk show.
9.40 **Black Monday** (S3)
11.00 **Last Week Tonight...**
11.40 **Real Time with Bill Maher** New edition
12.50 AM **Sex and the City**
2.00 **Veep** 9&10/10. (S6)
3.10 **Entourage** (S3)
4.10 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Fragile: A Concert for Uncertain Times**
6.50 **Turandot**
9.05 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Sky Arts Book Club**
1.00 PM **Tales of the Unexpected**
2.00 **Leonardo: The Works**
3.00 **Landscape Artist 2019**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **André Rieu: Welcome to My World**
8.00 **Oscars: Highlights**
10.00 **André Rieu: Romantic Paradise**
11.45 **Voices of Ireland**
1.05 AM **The Art of the Album Cover**
3.00 **Urban Myths**
4.00 **The South Bank Show**
5.00 **Music Icons: Pop Rock**
5.30 **to 6.00** AM **Video Killed the Radio Star**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S4)
5.00 **Star Trek: The Next Generation** 2/26. (S4)
6.00 **Star Trek: Enterprise**
7.00 **Star Trek: Voyager** (S2)
8.00 **NCIS: New Orleans** (S2)
9.00 **S.W.A.T.** 11/21. (S3)
10.00 **Grimm** 11/22. (S1)
11.00 **Snapped** Crime series.
12.00 M'T **How I Caught the Killer** Teresa Sievers.
1.00 AM **The Force: North East** Documentary.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

Comedy Central

112/113 132 345 360

8.00 AM **Younger** (S3)
9.00 **The Middle** (S8)
11.00 **Last Man Standing** (S6)
1.00 PM **Friends** (S5)
9.00 **Last Man Standing** New episodes 5/21. Ryan plans to buy a house on Mike's street. **9.30** 6/21. Mike regrets persuading Joe to buy a classic Jeep. (S9)
10.00 **Impractical Jokers**
10.30 **Impractical Jokers: Highlights from the High Seas**
11.00 **Inside Amy Schumer** New edition
11.30 **Donald Glover: Comedy Central Live**
12.00 M'T **David O'Doherty: Comedy Central Live**
12.30 AM **Ardal O'Hanlon: Comedy Central Live**
1.00 **South Park** (S15)
2.30 **The Ren & Stimpy Show**
3.00 **Beavis and Butt-Head**
3.20 **The Ricky Gervais Show**
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 28 119

7.00 AM **Real Housewives of Cheshire** Reality series.
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown** New edition
12.25 PM **Real Housewives of New Jersey**
1.20 **Real Housewives of Cheshire** Reality series.
2.20 **The Only Way Is Essex**
3.15 **Million Dollar Listing: LA**
4.10 **The Real Housewives of Orange County**
5.00 **The Real Housewives of New York City**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Botched: Outrageous Celebrity Patients**
9.30 **Botched**
10.00 **Real Housewives of Atlanta** Reality series.
11.00 **Dr. 90210**
12.00 M'T **to 1.00** AM **The Only Way Is Essex**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Dempsey and Makepeace**
7.00 **Robin of Sherwood**
8.00 **Magnum, PI**
9.05 **The Sweeney**
10.10 **Minder**
11.20 **Dempsey and Makepeace**
12.25 PM **Robin of Sherwood**
1.35 **Extreme Salvage Squad**
2.30 **Magnum, PI**
3.40 **The Sweeney**
4.45 **Minder**
5.55 **Extreme Salvage Squad**
6.50 **The Chase Celebrity Special** With Julia Goulding.

9.00 In the Line of Fire

7.55 **The Grand Fishing Adventure** Ali and Bobby head to Nottinghamshire to fish the River Trent for big barbel and have just 24 hours to succeed.

9.00 **FILM In the Line of Fire** Thriller starring Clint Eastwood as a veteran secret service agent trying to stop a psycho killer assassinating the US President. With John Malkovich. (1993, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

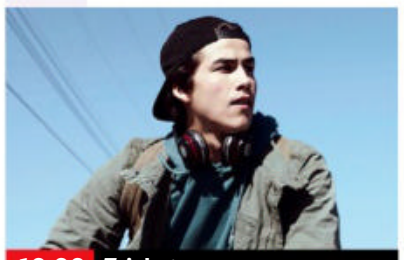
11.35 **FILM The Krays** Crime drama starring Martin and Gary Kemp as the notorious twins who ran London's gangland in the 60s. (1990, 18, 119min) ★★★
2.00 AM **Auto Mundial**
2.25 **Motorsport Mundial**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Pandora** 10/13. (S1)
7.00 **The Outpost** 10/13. (S4)
8.00 **Teleshopping**
11.00 **Pandora** 10/13. (S1)
12.00 NOON **Star Trek: Deep Space Nine** 12&14/26. (S2)
2.00 PM **Fringe** 3/22. (S2)
3.00 **The Outpost** 10/13. (S4)
4.00 **Pandora** 10/13. (S1)
5.00 **Stargate SG-1** 17/22. (S5)
6.00 **Star Trek: Deep Space Nine** 12/26. Odo's mentor arrives at the station, determined to find his protégé's true origins. (S2)


10.00 Trickster

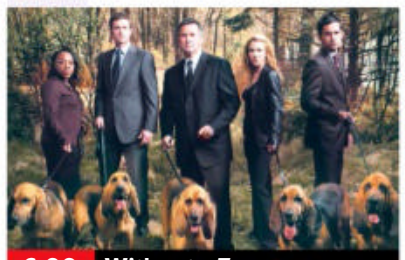
7.00 **Star Trek: Deep Space Nine** *Armageddon Game:* 13/26. Bashir and O'Brien help two alien races find peace. (S2)
8.00 **Star Trek: Voyager** *State of Flux:* 11/16. A Kazon warship is crippled in an accident caused by Federation technology. (S1)
9.00 **Room 104** 1/12. Grace's birthday is interrupted by the arrival of her sister. **9.30** 2/12. Jim meets his third-grade teacher. (S2)
10.00 **Trickster** 1/6. Fantasy drama. A youth on the wrong side of the law finds strange events occurring around him. (S1)
11.00 **Trickster** 2/6. Jared meets Wade, who claims to be his real father. (S1)
12.00 M'T **Wynonna Earp** (S1)
2.00 AM **Star Trek: Voyager** (S1)
3.00 **Stargate SG-1** 17/22. (S5)
4.00 **to 6.00** AM **Star Trek: Deep Space Nine**

+1 hour 229

Alibi

109/110 809 126 343 358

7.15 AM **Murdoch Mysteries**
9.00 **WPC 56** 3/5. (S2)
10.00 **Rizzoli & Isles** 3/15. (S2)
11.00 **Person of Interest** (S3)
12.00 NOON **Miss Fisher's Murder Mysteries** 11/13. (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Rizzoli & Isles** 3/15. (S2)
6.00 **Without a Trace** 1/24. Martin ends up critically injured in hospital after he is shot during an ambush. (S4)


6.00 Without a Trace

7.00 **Person of Interest** *Mors Praematura:* 6/23. The Machine has a special mission for Root and Shaw. (S3)
8.00 **Death in Paradise** *Written in Murder:* 3/8. DI Mooney and the team are stumped when a famous author is stabbed.
9.00 **Death in Paradise** *The Healer:* 4/8. A blind woman dies live on stage while being treated by a faith healer. (S7)
10.00 **Murdoch Mysteries** *Pendrick's Planetary Parlour:* 20/24. A murder is transmitted over James Pendrick's invention. (S15)
11.00 **Without a Trace** As 6.00pm.
12.00 M'T **The Doctor Blake Mysteries** 8/10. A contestant on a game show is killed. (S1)
1.00 AM **Miss Fisher's Murder Mysteries** 11/13. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 344 359

7.10 AM **Highlights**
9.20 **Hi-de-Hi!**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **The Green Green Grass**
12.40 PM **Outnumbered**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.40 **Hi-de-Hi!**
3.20 **Last of the Summer Wine**
4.40 **Dad's Army**
5.20 **Green Green Grass**
6.00 **Hi-de-Hi!**
6.40 **Dad's Army**

8.00 The Good Life

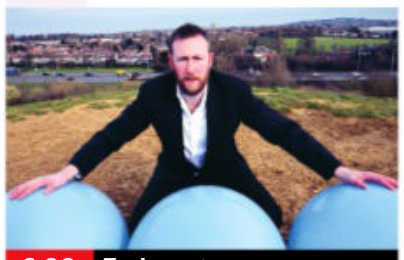
7.20 **Dad's Army** Jones buys a load of black-market pigeons from wheeler-dealer Walker.
8.00 **The Good Life** Tom sets out to catch the thief responsible for stealing leeks from his garden. **8.40** Tom and Barbara's difficulties are for once dwarfed by those of Jerry.
9.15 **The Young Ones** The first episode of the anarchic comedy.
10.00 **Not Going Out** Lucy and Lee aim to answer an age-old question.
10.40 **Live at the Apollo** Kevin Bridges hosts.
11.40 **The Good Life** A passing boar-walker helps Tom and Barbara with their pigs.
12.20 AM **French and Saunders**
1.00 **The Young Ones** As 9.15pm.
1.50 **Not Going Out** As 10.00pm.
2.30 **Live at the Apollo**
3.20 **to 4.00** AM **Desmond's**

+1 hour 210/211 194

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Cop Car Workshop**
9.00 **The Force: Behind the Line**
10.00 **Rick Stein's Far Eastern Odyssey** Double bill.
12.00 NOON **The Force: Behind...**
1.00 PM **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **NEW SERIES Australian Ninja Warrior** Contestants tackle the world's hardest obstacle course.
5.30 **Travel Man: 48 Hours in New York** With Katherine Ryan.
6.00 **Taskmaster** With Doc Brown.


6.00 Taskmaster

7.00 **Richard Osman's House of Games** With Nish Kumar and Clara Amfo.
7.40 **Room 101** With guests Roisin Conaty, Chris Kamara and Nish Kumar.
8.20 **Would I Lie to You?** An edition of previously unseen material from the comedy panel show.
9.00 **QI XL** Guests Phill Jupitus, Cally Beaton and Rhod Gilbert join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** David Mitchell hosts the quiz, with the Rev Richard Coles and Janey Godley.
11.00 **Taskmaster**
12.05 AM **Mock the Week** With Loyiso Gola and Milton Jones.
12.45 **QI XL** With David Baddiel.
1.25 **Meet the Richardsons**
2.00 **Comedians Giving Lectures**
2.45 **Sliced** Comedy series.
3.20 **to 4.00** AM **Famalam**

+1 hour 211 131 57

Monday

7 PM 8 PM 9 PM 10 PM

GREAT! tv

157 189 50 142

6.00 AM **Sue Thomas: F.B.Eye** 15&16/19. (S2)
8.00 **Highway to Heaven**
10.00 **Crazy Like a Fox** (S1)
11.00 **Castle** 13/23. (S6)
12.00 NOON **Body of Proof**
1.00 PM **Sue Thomas: F.B.Eye** 9&10/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 18-21/25. (S8)
9.00 **Randall and Hopkirk (Deceased)** *Just for the Record:* 6/26. Jeff and Jeannie act as escorts for two beauty contestants. (S1)
10.00 **The Persuaders!** *Five Miles to Midnight:* 17/24. Guest stars Joan Collins. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S8)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **Sue Thomas: F.B.Eye**
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
12.30 PM **A New Life in the Sun: Where Are They Now?** From France.
1.30 **Come Dine with Me**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
7.00 **Location, Location, Location** House-hunting in Northern Ireland.
8.00 **George Clarke's Remarkable Renovations** Transforming former commercial properties.
9.00 **The Great Pottery Throw Down: Final**
10.15 **Grand Designs** Transforming 5,000 square feet of basement.
11.20 **Paula** Documentary.
12.20 AM **Gogglebox: 10 Year Anniversary**
1.55 **Gogglebox**
2.55 **Jimmy Carr's I Literally Just Told You**
3.55 **to 5.00** AM **Sex Actually with Alice Levine**

+1 hour 229

5USA

141 141 153 21 129

9.00 AM **NCIS** (S5&6)
11.55 **Entertainment News**
12.00 NOON **Law & Order** Back-to-back episodes.
6.00 PM **NCIS** *Bounce:* 16/25. One of Tony's old murder cases is reopened. **7.00** *South by Southwest:* 17/25. An agent is murdered. **8.00** *Knockout:* 18/25. A boxer is killed. (S6) **9.00** *Road to Nowhere:* 3/21. Gibbs and Parker go on a road trip to find a killer's victim. (S19)
10.00 **Law & Order: Special Victims Unit** *Outcry:* 5/23. A teenager claims she has been raped. **11.00** *Conscience:* 6/23. A boy is killed by a psychiatrist. (S6)
11.55 **Law & Order: Criminal Intent** 19&20/22. (S7)
1.50 AM **The Blacklist** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Rich Holiday, Poor Holiday**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Call the Bailiffs**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Documentary.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **HMP Full Sutton: Evil Behind Bars**
10.35 **999: Criminals Caught on Camera**
11.30 **Adults Only: Escort Next Door**
12.30 AM **Most Embarrassing Sex Stories**
2.00 **GPs: Behind Closed Doors** Documentary.
2.45 **Amazing Cleans**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228 186 141

W

132 827 125 25 156

6.15 AM **Top Chef**
7.00 **Property Brothers: Forever Homes**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **Bang on Budget**
1.00 PM **Tipping Point**
4.00 **DIY SOS: The Big Build**
5.00 **Property Brothers: Forever Homes**
6.00 **MasterChef Australia**
8.00 **Inside the Ambulance** The paramedics come to the aid of a drug user with a burst abscess.
9.00 **DIY SOS: The Big Build** The team renovate a Telford home for a 12-year-old stroke and cancer sufferer.
10.20 **24 Hours in A&E**
12.20 AM **One Born Every Minute** Documentary.
1.30 **Rochelle Humes: Interior Designer in the Making**
2.20 **to 3.00** AM **Inside the Ambulance**

+1 hour 232 190

Drama

143 130 20 158

7.20 AM **Pie in the Sky**
8.15 **The Bill**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Howards' Way**
3.10 **Lovejoy**
4.20 **Peak Practice**
5.20 **The Brittas Empire**
6.00 **Keeping Up Appearances**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Inspector Lynley Mysteries** *The Seed of Cunning:* Lynley and Havers investigate the murder of a doorkeeper at the House of Lords.
10.00 **New Tricks** *Spare Parts:* Ricky Hanson faces trial for trying to murder Jack.
11.20 **Cutting It**
12.40 AM **Bad Girls**
2.20 **The Brittas Empire**
2.50 **to 4.00** AM **Classic Holby City**

+1 hour 243 226 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

MONDAY

Documentaries

RealityXtra
147 197 68 134

9.00 AM **Medical Detectives**
11.00 **Matlock** As 6pm.
12.00 NOON **The Fugitive**
1.05 PM **Donal MacIntyre: Unsolved** Double bill.
3.00 **Medical Detectives** A cyanide poisoner. **3.30** Evidence contained within saliva. **4.00** The identity of a bomb victim. **4.30** The murder of a 13-year-old boy.
5.00 **The Fugitive** *Corner of Hell:* 21/30. Gerard is accused of a crime and sentenced to death. (S2)
6.00 **Matlock** *The Vacation – Part One:* 1/19. The lawyer meets someone from his past. (S7)
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Matlock** As 6pm.
2.00 **The Fugitive** As 5pm.
3.00 **Donal MacIntyre: Unsolved** Double bill.
4.55 **to 6.00** AM **Medical Detectives**

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 26/27. (S4)
9.00 **Mutant X** 2/22. (S3)
10.00 **Star Trek: The Next Generation** 5/26. (S5)
11.00 **10.5 Apocalypse**
2.30 PM **The Twilight Zone**
3.00 FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
4.50 **Legend Lowdown**
5.00 **Star Trek** 17/24. (S3)
6.00 **Star Trek: The Next Generation** 6/26. (S5)
7.00 **Airwolf** 15/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Seal Team VI: Journey into Darkness** Fact-based drama. (2008, 18, 99min) ★★
10.55 FILM **Lake Placid vs Anaconda** Comedy horror. (2015, 15) ★★
12.45 AM FILM **Open 24 Hours** Horror. (2018, 18, 102min) ★★★
2.45 **to 4.30** AM FILM **Gallowwalkers** Horror. (2012, 15, 88min) ★★

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Dickinson's Real Deal**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Play Your Cards Right**
4.00 **Dickinson's Real Deal**
5.00 **Bullseye** Four editions of the darts-based quiz.
7.00 **Pointless** Quiz hosted by Alexander Armstrong and Richard Osman.
8.00 **The Chase** Double bill of the general knowledge quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!
159 159 835 160

7.00 AM **Wags**
8.00 **Keeping Up with the Kardashians**
10.00 **The Bradshaw Bunch**
11.10 **Rich Kids of Beverly Hills** Reality series.
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take New York**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Help for a woman whose breasts failed to develop. **8.00** Terry helps an eating disorder survivor.
9.00 **Keeping Up with the Kardashians** Tristan realises Khloe is stressed about her living situation. **10.00** Kim receives some bad news.
11.00 **Rich Kids of Beverly Hills** Reality series.
12.00 M'T **Dr. 90210**
1.00 AM **Wags**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Clash of the Cover Bands**

Sky Documentaries
121 121 819 277 352 367

6.00 AM **Urban Secrets**
7.00 **Discovering: William Holden**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **Escobar by Escobar**
11.00 **The Vow**
12.00 NOON **Queen of Speed**
2.00 PM **I Am Jackie O**
3.50 **My Icon**
4.00 **The Directors**
5.00 **Discovering: William Holden**
6.00 **The Eighties**
7.00 **Escobar by Escobar**
8.00 **The Vow**
9.00 FILM **Going Clear: Scientology and the Prison of Belief** Documentary. (2015, 15, 119min) ★★★★
11.30 **The Super Bob Einstein Movie**
1.00 AM **Memory Box: Echoes of 9/11**
3.00 **Pelosi in the House**
5.05 **to 6.00** AM **Discovering: William Holden**

Sky Nature
124 124 822 278 354 369

6.00 AM **The Wild Wild East**
7.00 **Monkey Life**
8.00 **Wild Tales from the Farm** Documentary.
9.00 **Shark Squad**
10.00 **Extreme Africa**
11.00 **Africa's Wild Horizons**
12.00 NOON **New Kids in the Wild** Documentary.
1.00 PM **Monkey Life**
2.00 **Wild Tales from the Farm** Documentary.
3.00 **Shark Squad**
4.00 **Extreme Africa**
5.00 **Africa's Wild Horizons**
6.00 **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **A Bee's Diary**
9.00 **Wildest New Zealand**
10.00 **Africa's Wild Horizons**
11.00 **New Kids in the Wild**
12.00 M'T **Predators**
1.00 AM **Arctic from Above**
2.00 **A Bee's Diary**
3.00 **Wildest New Zealand**
4.00 **Wild Tales from the...**
5.00 **to 6.00** AM **Shark Squad**

HGTV
158 286 44 166

7.00 AM **Building Off the...**
8.00 **The Great Interior...**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **Fantasy Homes by...**
12.00 NOON **My Lottery...**
1.00 PM **Home Town**
2.00 **Christina in the Country**
3.00 **The Great Interior Design Challenge**
4.00 **My Dream Derelict Home in the Sun**
5.00 **Building Off the Grid**
6.00 **A Place in the Sun**
7.00 **Fantasy Homes by the Sea** From Merseyside.
8.00 **Charlotte Church's Dream Build**
9.00 NEW **The Flipper Upper**
10.00 **Help! I Wrecked My House** New edition
11.00 **Home Town**
12.00 M'T **Fantasy Homes...**
1.00 AM **Building Off the...**
2.00 **My Dream Derelict...**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258 290

Food Network
140 285 43 148

6.00 AM **Highlights**
8.00 **Delicious Miss Brown** New editions
9.00 **Jamie's 15 Minute Meals**
9.30 **Jamie's 30 Minute Meals**
10.00 **Gok Wan's Easy Asian**
11.00 **Follow Donal to Europe**
12.00 NOON **Great British...**
2.00 PM **American Adventure**
3.00 **Jamie's 15 Minute Meals**
3.30 **Jamie's 30 Minute Meals**
4.00 **Delicious Miss Brown**
5.00 **Be My Guest with Ina Garten** New edition
5.30 **The Pioneer Woman** New edition
6.00 **Ainsley Eats the Streets**
7.00 **Great British Bake Off**
8.00 **American Adventure**
9.00 NEW SERIES **Michel Roux's Provence Masterclass**
10.00 **Ainsley Eats the Streets**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 **to 3.00** AM **Highlights**
+1 hour 240 149

DMAX
172 171 39 150

6.00 AM **Salvage Dawgs**
7.00 **Outback Opal Hunters**
8.00 **Alaska: Homestead Rescue** Reality series.
9.00 **The Last Alaskans**
10.00 **Alaska: Last Frontier**
12.00 NOON **Yukon Men**
1.00 PM **Aussie Gold Hunters**
2.00 **Gold Divers**
4.00 **Building Off the Grid**
5.00 **Scrap Kings**
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
8.00 **Alaska: Last Frontier**
9.00 **Aircrash Unsolved: The Mystery of Helios 522**
10.00 **Copycat Killers** The story of a star student's descent into a seedy underground world.
11.00 **Jade Fever**
12.00 M'T **Alaska: Last Frontier**
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 272 214 151

5Action
150 150 33 132

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Forged in Fire**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
12.30 PM FILM **Young Guns of Texas** Western. (1962, U, 84min) ★★
2.10 FILM **Walk the Proud Land** Western. (1956, U, 88min) ★★★
4.00 **Forged in Fire**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Warship: Life at Sea**
9.00 FILM **Gone in Sixty Seconds** Thriller. (2000, 15, 117min) ★★★
11.20 FILM **Escape Plan 3** Action thriller. (2019, 15, 97min) ★
1.15 AM **Police Interceptors**
2.15 **Fights, Camera, Action!**
3.15 **What Went Wrong: Countdown to Disaster**
4.00 **Red Arrows: The Big Finish**
4.50 **to 5.00** AM **Entertainment News**

Sky Crime
122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **999 Frontline**
10.30 **911 Crisis Centre**
11.00 **The DNA of Murder**
12.10 PM **Murdered at First Sight** Tashan Daniel.
1.00 **Murders That Shocked the Nation** A 1970 case.
2.00 **Killer in My Village**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killing Mum and Dad**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Mark of a Serial Killer**
10.00 **The Murderer & Me**
11.30 **World's Most Evil Killers**
12.30 AM **Killer in My Village**
1.30 **When Life Means Life**
2.30 **The Force: North East**
3.30 **The Force: Manchester**
4.30 **to 6.00** AM **Motorway Patrol**
+1 hour 222 164

CBS Reality
146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives**
8.00 **48 Hours** The untold story of Lori Vallow's missing children.
9.00 **See No Evil** New edition The murder of Carl Starke, who was shot dead close to his home.
10.00 **The Chem-Sex Cannibal: Murder on the Internet** Part two of two. The dangers of online dating apps.
11.00 **Fatal Vows** The case of rodeo star Matt Allen.
12.00 M'T **Injustice with Nancy Grace** The disappearance of Jennifer Dulos.
1.00 AM **See No Evil** As 9pm.
2.00 **The Chem-Sex Cannibal: Murder on the Internet** As 10pm.
3.00 **48 Hours** As 8pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**
+1 hour 246 218 136

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** Costa Blanca.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Antiques Road Trip** Double bill.
12.00 NOON **Money for Nothing** An old sofa.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Helicopter ER**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition Angus Ashworth and his team perform house clearances.
10.00 **The Repair Shop** Restoring a toy cannon and a novelty inkwell.
11.00 **Ghost Adventures**
12.00 M'T **Ghost Loop**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze
164 199 64 162

6.00 AM **Hardcore Pawn**
7.45 **The UnXplained with William Shatner**
8.40 **Ancient Aliens**
10.40 **Storage Wars Canada**
11.10 **Storage Wars**
12.10 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **The UnXplained with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island** The Laginas find themselves close to recovering the treasure.
10.00 **Secrets in the Ice**
11.00 **Lost Gold of World War II** Documentary.
12.00 M'T **National Park Mysteries** Double bill.
1.00 AM **Court Cam**
2.00 **Swamp People**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars Canada**
4.10 **to 6.00** AM **Pawn Stars**
+1 hour 81

TLC
133 133 828 167

7.00 AM **Flip or Flop**
8.00 **Good Bones**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Say Yes... Atlanta**
12.00 NOON **Say Yes to the Dress: Lancashire**
1.00 PM **Cake Boss**
2.00 **My 600lb Life**
3.00 **My Lottery Dream Home** Double bill.
4.00 **Seeking Sister Wife**
6.00 **Flip or Flop** A property in Anaheim, California.
7.00 **Welcome to Plathville**
8.00 **Extreme Sisters** New edition
9.00 **I Love a Mama's Boy**
10.00 **Dr Pimple Popper**
11.00 **Seeking Sister Wife**
12.00 M'T **Extreme Sisters**
1.00 AM **I Love a Mama's Boy**
2.00 **Dr Pimple Popper**
3.00 **Seeking Sister Wife**
4.00 **Flip or Flop**
5.00 **to 6.00** AM **Say Yes to the Dress: UK**
+1 hour 233 172

5SELECT
153 152 56 133

9.00 AM **Entertainment News**
9.10 **Eggheads**
9.35 **GPs: Behind Closed Doors** Documentary.
10.35 FILM **A Mother's Secret** Thriller. (2020, 12) ★★
12.20 PM FILM **Stalked by a Prince** Thriller. (2022, PG, 85min) ★★
2.00 **Holiday Homes in the Sun** Property series.
3.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild** Double bill.
6.00 **The Yorkshire Steam Railway: All Aboard**
7.00 **The Yorkshire Vet**
8.00 **Britain's Great Rivers: Then & Now**
9.00 **Lost Worlds with Ben Fogle**
10.30 **Forged in Fire**
12.20 AM **Ancient Mysteries**
2.25 **Ben Fogle: New Lives in the Wild**
3.25 **Walking Wartime Britain** Documentary.
3.50 **to 4.00** AM **Entertainment News**

Quest
144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Richard Hammond's Workshop**
1.00 PM **The Repair Shop**
2.00 **Love Your Garden**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers**
6.00 **Wheeler Dealers**
7.00 **Aussie Gold Hunters**
8.00 **Salvage Hunters**
9.00 **Opal Hunters: Red Dirt Road Trip** New edition
10.00 **Jade Fever**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Cops UK**
2.00 **Goblin Works Garage**
3.00 **Richard Hammond's...**
4.00 **to 5.00** AM **How It's Made**
+1 hour 244 213 70 168

Quest Red
149 170 40 169

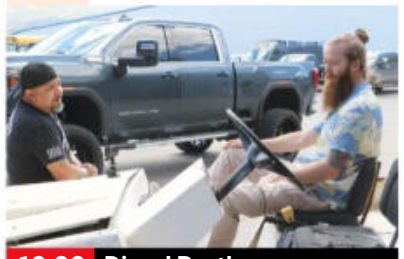
6.00 AM **Say Yes to the Dress: Lancashire**
7.00 **Say Yes... The Big Day**
8.00 **Say Yes to the Dress**
9.00 **Animal Cops Houston**
11.00 **Forensic Detectives**
1.00 PM **Diabolical: Deadly Love**
2.00 **Disappeared**
3.00 **Murder Comes to Town**
4.00 **Reasonable Doubt**
5.00 **Say Yes... Lancashire**
6.00 **Curvy Brides Boutique**
7.00 **Who Do You Think You Are?** Rob Rinder traces the story of his grandfather.
8.00 **Dr Pimple Popper**
9.00 **Unbelievable Me** New editions Double bill.
11.00 **Forensic Detectives**
12.00 M'T **The Murder of Gabby Petito: A Faking It Special**
1.00 AM **The Perfect Murder**
2.00 **A Crime to Remember**
3.00 **to 4.00** AM **FBI Files**
+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
9.00 **Flying Wild Alaska**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **British Treasure, American Gold** Documentary.
1.00 PM **Gold Rush**
3.00 **Building Off the Grid**
4.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers** Edd takes a risk on an old Caterham.
6.00 **British Treasure, American Gold** Jesse goes to an auction of military memorabilia.



10.00 Diesel Brothers

7.00 **Kindig Customs** A 1941 Chevy arrives for a trunk lid fix, but the team soon discover that there is a lot more wrong with the car.

8.00 **Dive Wars Australia** Documentary series following dive crews working off the coast of south Australia.

9.00 **Kindig Customs** New edition The 10 best cars from across America arrive in Arizona for the last car show of the year.

10.00 **Diesel Brothers** New edition Heavy D bets the farm on a Chevy 210, but the car could run them off the road.

11.00 **Naked and Afraid** When a third survivalist arrives, romantic problems make surviving the Colombian jungle more difficult.
1.00 AM **Kindig Customs** As 9pm.
2.00 **Diesel Brothers** As 10pm.
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Legends of the Wild**
4.00 **My Cat from Hell** A cat that is scared of its own tail.
5.00 **Animal Cops Philadelphia** Thirteen starving horses are found at a farm in northern Pennsylvania.
6.00 **Tanked** The team build a reef tank for the owner of a winery.

8.00 Cold Blooded Peruvian...

7.00 **Pit Bulls & Parolees** The family reminisce about dogs that hold a special place in their hearts.

8.00 **Cold Blooded Peruvian Predator: Expedition Mungo** Capturing the legendary yacumama, a super-snake, on film.

9.00 **South American Squatch of Argentina: Expedition Mungo** A bigfoot-like beast with superhuman strength.

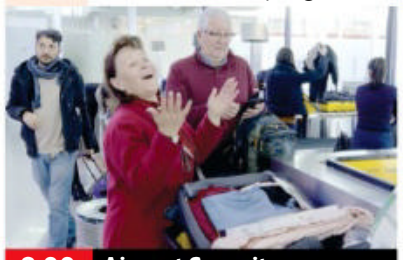
10.00 **Alaska Monsters** Todd devises a trap for a feline, while Levi figures out a way to wirelessly trigger the ensnaring device.
11.00 **Celebrity Animal Encounters**
12.00 M'T **The Crocodile Hunter: Best of Steve Irwin** The Australia Zoo team undertake a crocodile rescue.
1.00 AM **Alaska Monsters**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 259

Nat Geographic

129 129 825 266

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Hitler's Last Stand**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **Car S.O.S**
1.00 PM **Wicked Tuna**
2.00 **Lost Treasures of Egypt**
3.00 **Drain the Oceans: Pacific War Megawrecks**
4.00 **Drain the Oceans: Hitler's Killer Warships**
5.00 **Drain the Oceans: Pacific Shockwave**
6.00 **Kingdom of the Mummies** A 12-tonne sarcophagus.



8.00 Airport Security

7.00 **Air Crash Investigation** An investigation into what caused the ValuJet Flight 592 catastrophe near Miami in 1996.

8.00 **Airport Security: First Class Rome** New edition Officers seize cocaine-soaked pyjamas and detain a man hiding his past.

9.00 **Air Crash Investigation** New edition The cockpit window of Sichuan Airlines 8633 explodes.

10.00 **Trafficked with Mariana Van Zeller** Mariana investigates the trade in untraceable guns built from kits.
11.00 **Air Crash Investigation**
12.00 M'T **Airport Security: Colombia** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **When Sharks Attack**
2.30 **Prairie Dog Dynasty**
2.55 **Secrets of the Zoo: Keeper Tales** Documentary.
3.20 **to 5.00** AM **Food Factory**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Strangest Things**
8.00 **American Pickers**
9.00 **Pawn Stars**
10.00 **Salvage Kings**
11.00 **Unidentified: Inside America's UFO Investigation**
12.00 NOON **Mountain Men**
1.00 PM **Ultimate Mysteries**
2.00 **Lost Gold of the Aztecs**
3.00 **Salvage Kings**
4.00 **Strangest Things**
5.00 **Pawn Stars**
6.00 **American Pickers**

9.00 The Witches of Salem

7.00 **Forged in Fire** The final two bladesmiths have to recreate the Boateng Saber – the most expensive sword ever.

8.00 **Treasures Decoded** New edition A look at the ancient city of Petra in Jordan, which is over 2,000 years old.

9.00 NEW SERIES **The Witches of Salem** The hysteria that unfolded during the Salem witch trials in New England.

10.00 FILM PREMIERE **The Mark of the Bell Witch** Fact-based horror with Adrienne Breedlove. (2020, 18, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **U-Boat Wargamers**
1.10 AM **Treasures Decoded**
2.10 **Unidentified: Inside America's UFO Investigation**
3.05 **Strangest Things**
4.00 **Salvage Kings**
5.00 **to 6.00** AM **Lost Gold of the Aztecs**

+1 hour 223 271

Yesterday

155 155 846 129 27 159

6.00 AM **Great British Landmark Fixers** Double bill.
8.00 **Abandoned Engineering**
9.00 **Narrow Escapes of World...**
10.00 **The World at War**
11.00 **Secrets of the London Underground** As 7.00pm.
12.00 NOON **Great British Railway Journeys** Four editions.
2.00 PM **Bangers and Cash**
4.00 **Narrow Escapes of World War II** Documentary.
5.00 **The World at War**
6.00 **Great British Railway Journeys** Double bill.

8.00 Hornby: A Model World

7.00 **Secrets of the London Underground** Tim Dunn and Siddy Holloway explore the disused parts of London Bridge.

8.00 **Hornby: A Model World** New edition For the first time in 50 years, the Airfix team attempt a 1:24 scale kit of a Spitfire.

9.00 **The Architecture the Railways Built** Tim Dunn discovers how railway architecture has been repurposed in Manchester.

10.00 **Bangers and Cash** Derek collects a Jaguar Mark 2 and explains why they made poor getaway cars for 1960s bank robbers.
11.00 **Abandoned Engineering** Exploring a decrepit Liberian landmark with American origins and a pioneering scientific structure in Cleveland.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 **to 3.00** AM **Great British Landmark Fixers**

+1 hour 255 217 74

Monday

7 PM

8 PM

9 PM

10 PM

Disc. History

177 257

6.00 AM **Combat Dealers**
7.00 **How the Universe Works**
8.00 **Mystery at Blind Frog...**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
11.00 **How the Universe Works**
12.00 NOON **Shed and Buried**
1.00 PM **Combat Dealers**
2.00 **Blowing Up History**
3.00 **Greatest Events of...**
4.00 **Mysteries at the Museum** A metronome.
5.00 **Mystery at Blind Frog Ranch** Documentary.
6.00 **How the Universe Works**
7.00 **Lost Temples of the Jungle** Documentary.
8.00 **Combat Dealers**
9.00 **Aircrash Confidential**
10.00 **Expedition X**
11.00 **How the Universe Works**
12.00 M'T **Blowing Up History**
1.00 AM **Combat Dealers**
2.00 **Aircrash Confidential**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Greatest Events of World War II**

+1 hour 277 261

Eden

166 245

9.00 AM **Inside the Vets**
10.00 **Seasons of the Wild**
11.00 **Natural Curiosities**
12.00 NOON **Nature's Nurseries** Documentary.
1.00 PM **The Blue Planet**
2.00 **Inside the Vets**
3.00 **Snow Leopards and Friends** Documentary.
4.00 **The Life of Mammals**
5.00 **Seasons of the Wild**
6.00 **David Attenborough's Natural Curiosities**
7.00 **The Blue Planet**
8.00 **The Life of Mammals**
9.00 **Seasons of the Wild**
10.00 **David Attenborough's Natural Curiosities**
11.00 **The Blue Planet**
12.00 M'T **Life of Mammals**
1.00 AM **Inside the Vets**
2.00 **Seasons of the Wild**
3.00 **Natural Curiosities**
3.50 **Inside the Vets**
4.40 **Seasons of the Wild**
5.30 **to 6.00** AM **Natural Curiosities**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Animal Fight Club**
9.00 **Dragon Island**
10.00 **The World's Most Famous Tiger**
11.00 **America's Funniest Home Videos**
12.00 NOON **Snakes in the...**
1.00 PM **Yukon Vet**
2.00 **Grit: Honey Badger Tough** Documentary.
3.00 **Little Giant**
4.00 **America's Funniest Home Videos**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Something Bit Me**
9.00 **Cesar Millan: Better Human Better Dog** New edition
10.00 **When Sharks Attack**
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack** Documentary.
1.00 AM **Animal Fight Club**
2.00 **Grit: Honey Badger...**
3.00 **Little Giant**
4.00 **to 5.00** AM **Yukon Vet**

Sky History 2

163 163 840 272

6.00 AM **Ancient Aliens**
8.00 AM **Treasures Decoded** New edition The hunt for King Solomon's Mines.
9.00 **Great Escapes with Morgan Freeman**
10.00 **Auction Hunters**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Monsterquest**
3.00 **Ancient Discoveries**
4.00 **Auction Hunters**
5.00 **Great Escapes with Morgan Freeman**
6.00 **Alien Files: Unsealed**
7.00 **Ancient Aliens**
8.00 **Craig Charles: UFO Conspiracies** A UFO encounter in Wales.
9.00 **Paranormal: Caught on Camera** Double bill.
11.00 **Ancient Aliens**
1.00 AM **Treasures Decoded**
2.00 **Monsterquest**
3.00 **Alien Files: Unsealed**
4.00 **Ancient Discoveries**
5.00 **to 6.00** AM **Ancient Mysteries**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **My Life in Hitler's...**
9.40 **PQ17: An Arctic...**
10.45 **Dunkirk** As 8.30pm.
11.55 **Inside Japan's War**
1.00 PM **Beautiful Serengeti**
1.30 **My Life in Hitler's...**
2.40 **PQ17: An Arctic...**
3.50 **Dunkirk** As 8.30pm.
5.00 **Inside Japan's War**
6.10 **My Life in Hitler's Germany** The true stories of those who lived under the Nazis.
7.20 **PQ17: An Arctic Convoy Disaster** The story of an Allied convoy heading to the Russian port of Arkhangelsk in 1942.
8.30 **Dunkirk** 1/3. World War Two drama with Simon Russell Beale. (S1)
9.40 **Inside Japan's War**
10.50 **PQ17: An Arctic Convoy Disaster**
12.00 M'T **Dunkirk**
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

156 156 837 198

6.00 AM **The First 48**
8.00 **Cold Case Files**
9.00 **Killer Britain**
10.00 **Meet, Marry, Murder**
11.00 **Murdered By Morning**
12.00 NOON **Buried in the Backyard**
1.00 PM **Fear Thy Neighbour**
2.00 **Imperfect Murder**
3.00 **On the Case**
4.00 **Critical Evidence**
5.00 **Cold Case Files**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **Imperfect Murder** New edition
9.00 **Evil Up Close: Women Who Kill**
10.00 **Cops Who Kill with Will Mellor** New edition
11.00 **Homicide Hunter**
12.00 M'T **Snapped**
1.00 AM **Imperfect Murder**
2.00 **Cops Who Kill with...**
3.00 **Criminal Confessions**
4.00 **Imperfect Murder**
5.00 **to 6.00** AM **Murdered...**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

MONDAY Films

Monday

Sky Cinema Premiere

301 301 848 401 501 515

6.45 AM **Bodies Bodies Bodies**
8.35 **Where the Crawdads Sing**
10.45 **Elvis** As shown at 8.00pm.
1.35 PM **Summit Fever** (2022)
3.40 **To Leslie** Drama starring Andrea Riseborough. (2022, 15, 119min) ★★★★
5.50 **Where the Crawdads Sing** Drama with Daisy Edgar-Jones. A young woman in the Deep South is accused of murder when her suitor is found dead. (2022, 15, 123min) ★★★

5.50 Where the Crawdads Sing

8 PM

8.00 **Elvis** Baz Luhrmann's biopic starring Austin Butler and Tom Hanks. Singer Elvis Presley takes the world by storm while his manager, Colonel Tom Parker, exerts a grip over him. With Olivia DeJonge. (2022, 12, 159min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 **Bodies Bodies Bodies** Horror comedy starring Amandla Stenberg and Maria Bakalova. (2022, 15, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

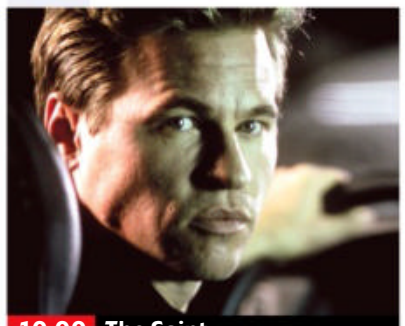
12.30 AM **The Invitation** Horror starring Nathalie Emmanuel. (2022, 15, 105min) ★★★
2.20 **Summit Fever** Thriller. (2022, 15, 115min) ★★
4.20 **to 6.30** AM **To Leslie** (2022)

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

7.25 AM **Minari** As 12.00m't.
9.25 **Marry Me** Romantic comedy. (2022, 12, 112min) ★★★
11.25 **Flight** Melodrama with Denzel Washington and Kelly Reilly. (2012, 15, 138min) ★★★★
1.45 PM **Dear Elizabeth** Comedy. (2020, 12, 98min) ★★★
3.25 **King Richard** Biopic. (2021, 12, 144min) ★★★★
6.05 **Summerland** Romantic drama with Gemma Arterton. (2020, 12, 99min) ★★★


10.00 The Saint

8.00 **Central Intelligence** Action comedy starring Dwayne Johnson and Kevin Hart. A rogue CIA agent turns to an old classmate for help when he is targeted by his own organisation. (2016, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

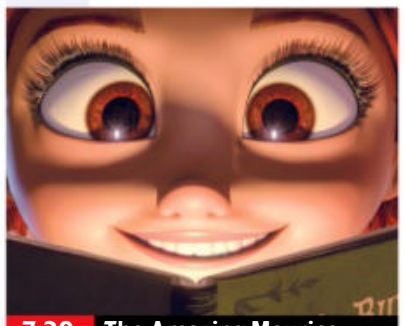
10.00 **The Saint** Big-screen version of the cult TV series, starring Val Kilmer and Elisabeth Shue. Gentleman thief Simon Templar tangles with a megalomaniac Russian billionaire and a beautiful American scientist. (1997, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Minari** Romantic drama with Steven Yeun and Yeri Han. (2020, 12, 115min) ★★★★
2.05 AM **Summerland** As 6.05pm.
3.55 **Sky Cinema Preview**
4.55 **to 7.00** AM **The Saint** (1997)

Sky Cinema Family

306 306 850 406 506 520

6.25 AM **Ghostbusters** Comedy. (1984, 12, 105min) ★★★★
8.25 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
9.55 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
12.00 NOON **Bandslam** Comedy drama. (2009, PG) ★★★
2.05 PM **It Takes Two** (1995, U) ★
4.00 **Alvin and the Chipmunks** Comedy. (2007, U) ★★★
5.45 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★


7.20 The Amazing Maurice

7.20 **The Amazing Maurice** Animation with the voice of Hugh Laurie. (2022, PG, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Spy Kids** Family action comedy starring Antonio Banderas and Carla Gugino. The two children of kidnapped secret agents strive to save their parents – and the world. (2001, U, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

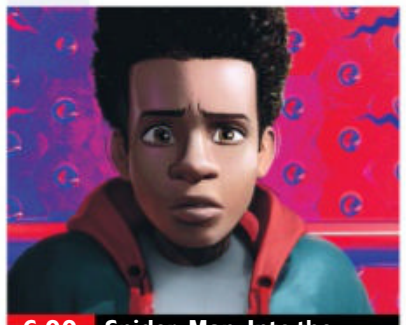
10.45 **Think Like a Dog** Family comedy drama starring Josh Duhamel. (2020, PG, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Call of the Wild** Adventure drama based on the classic novel by Jack London, starring Christopher Lloyd and Ariel Gade. (2009, PG, 87min) ★★★
2.10 **It Takes Two** As 2.05pm.
4.00 **Think Like a Dog** As 10.45pm.
5.40 **to 7.20** AM **Call of the Wild**

Sky Cinema Action

307 307 851 407 507 521

6.15 AM **Final Score** As 1.45am.
8.00 **White Elephant** Thriller. (2022, 15, 100min) ★★★
9.40 **Born a Champion** (2020)
11.40 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
1.40 PM **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
4.00 **RED** Action comedy thriller. (2010, 12, 111min) ★★★★
6.00 **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★


6.00 Spider-Man: Into the...

8.00 **I Am Legend** Sci-fi thriller starring Will Smith. A deadly virus kills most of humanity and turns the survivors into vicious nocturnal predators. With Alice Braga. (2007, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Blade** Action adventure chiller based on the Marvel Comics character, starring Wesley Snipes as the half-human, half-vampire warrior Blade. With Stephen Dorff and Kris Kristofferson. (1998, 18, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Born a Champion** Sports drama starring Sean Patrick Flanery and Katrina Bowden. (2020, 15, 112min) ★★
1.45 AM **Final Score** Action drama starring Dave Bautista. (2018, 15, 104min) ★★★
3.30 **Blade** As shown at 9.45pm.
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Together Together**
9.10 **Hot Rod** As 11.35pm.
10.55 **Big Daddy** As 9.55pm.
12.45 PM **Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
2.30 **Paul Blart: Mall Cop 2** Comedy sequel starring Kevin James. (2015, PG, 92min) ★★
4.20 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
6.10 **The Brady Bunch Movie** Comedy starring Shelley Long. (1995, 12, 89min) ★★★

9.55 Big Daddy

8.00 **Zoolander 2** Comedy sequel starring Ben Stiller. A dim-witted supermodel must step back into the spotlight when a villain starts murdering the world's most beautiful pop stars. With Owen Wilson. (2016, 12, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Big Daddy** Comedy starring Adam Sandler as a law school graduate who adopts a young boy to impress his girlfriend. (1999, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Hot Rod** Comedy starring Andy Samberg and Isla Fisher. (2007, 12, 84min) ★★★★
1.10 AM **Together Together** Comedy drama starring Ed Helms and Patti Harrison. (2021, 15, 95min) ★★★
2.45 **Four Rooms** Anthology comedy drama starring Tim Roth. (1995, 18, 97min) ★
4.35 **to 6.35** AM **Braking for Whales** Comedy drama. (2019, 12, 103min) ★

primetime

Sky Cinema Greats

304 304 849 404 504 518

6.00 AM **The Oscars' Most Iconic Moments** Clara Amfo presents.
7.00 **The Lord of the Rings: The Fellowship of the Ring** Fantasy. (2001, PG, 178min) ★★★★★
10.00 **Belfast** Drama with Jude Hill. (2021, 12, 98min) ★★★★
11.50 **Kramer vs Kramer** Drama. (1979, PG, 104min) ★★★★★
1.50 PM **To Leslie** Drama. (2022, 15, 119min) ★★★★
4.00 **The Cinema List: Behind the Camera Oscars**
4.20 **Elvis** Biopic with Austin Butler. (2022, 12, 159min) ★★★★
7.00 **The Oscars: Highlights** The best moments from the 95th Academy Awards ceremony.
9.00 **Top Gun: Maverick** Action drama starring Tom Cruise. Pete 'Maverick' Mitchell gets called back to the Top Gun academy. (2022, 12, 130min) ★★★★
11.10 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
1.20 AM **Interview with the Vampire** Gothic horror thriller. (1994, 18, 122min) ★★★★
3.30 **Days of Thunder** High-speed drama starring Tom Cruise. (1990, 15, 107min) ★★★
5.30 **to 6.00** AM **The Cinema List: Behind The Camera Oscars**

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Sky Cinema Preview**
6.20 **Asterix: The Mansions of the Gods** As shown at 1.15am.
7.50 **Ballerina** As shown at 7.10pm.
9.25 **The House of Magic** (2013)
10.55 **Despicable Me** Animation. (2010, U, 94min) ★★★★
12.35 PM **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
2.15 **Minions** Animated comedy. (2015, U, 91min) ★★★★
4.00 **The Angry Birds Movie** Animation. (2016, U) ★★★
5.40 **Spirit Untamed** Animation with the voice of Isabela Merced. (2021, U, 88min) ★★★
7.10 **Ballerina** Animated adventure with the voice of Elle Fanning. (2016, U, 86min) ★★★
8.45 **The House of Magic** Animated adventure with the voices of Murray Blue and Doug Stone. (2013, U, 85min) ★★★
10.15 **Samsam** Animated adventure. (2019, U, 77min) ★★★
11.40 **Spark** Animated adventure. (2016, PG, 91min) ★★
1.15 AM **Asterix: The Mansions of the Gods** Animated adventure. (2014, PG, 85min) ★★
2.45 **Watership Down** Animation. (1978, U, 92min) ★★★★
4.25 **to 6.00** AM **Samsam** (2019)

TCM Movies

315 415

6.00 AM **Hollywood's Best Directors**
8.20 **Off Set** With Ben Miller.
8.40 **The Last Challenge** Western. (1967, PG, 90min) ★★
10.35 **Ice Station Zebra** Cold War thriller. (1968, U, 148min) ★★★
1.30 PM **A Thunder of Drums** Western starring Richard Boone. (1961, PG, 97min) ★★★
3.30 **Canyon Raiders** Western. (1951, b/w, PG, 54min) ★★
4.40 **The Searchers** John Ford Western starring John Wayne. (1956, U, 114min) ★★★★★
7.10 **Gun Glory** Western starring Stewart Granger and Rhonda Fleming. (1957, U, 89min) ★★
9.00 **The Condemned** Action crime thriller starring Steve Austin and Vinnie Jones. A death-row prisoner in South America is sold to a shady TV producer and forced to take part in an illegal, violent reality game show. (2007, 18, 113min) ★★
11.20 **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
1.10 AM **Teleshopping**
3.30 **Close Up** Triple bill.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **Bluebeard** Horror thriller. (1944, b/w, PG, 73min) ★★
7.25 **From Soup to Nuts** Comedy. (1928, b/w, U, 19min) ★★★
7.50 **The Gentle Trap** Thriller. (1960, PG, 58min) ★★
9.00 **The Strange Woman** Period drama. (1946, b/w, PG) ★★★★
11.00 **Look at Life** Documentary.
11.10 **Gorgo** Sci-fi fantasy drama. (1960, PG, 78min) ★★
12.45 PM **Texas** Western drama. (1941, b/w, PG, 93min) ★★★
2.30 **Crown Court** (S1)
3.00 **Look at Life**
3.10 **Charade** Romantic comedy thriller starring Cary Grant. (1963, PG, 114min) ★★★★★
5.30 **Holiday All The Way**
6.00 **The Footage Detectives**
7.00 **The Champions**
8.00 **The Main Chance**
9.00 **The Informers** Crime thriller starring Nigel Patrick. (1963, b/w, 15, 104min) ★★
11.05 **Secret Army** 11/13. (S2)
12.10 AM **Crown Court** (S1)
1.40 **The Flanagan Boy** Crime drama. (1953, b/w, PG, 81min) ★★
3.20 **Return of a Stranger** Thriller. (1937, b/w, PG, 70min) ★★
4.50 **to 6.00** AM **Edgar Wallace Mystery Theatre**

HorrorXtra

317 192 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Dragonquest** Fantasy. (2009, 12, 90min) ★★
6.50 **This Is HorrorXtra**
7.00 **First Wave** *The Trial of Joshua Bridges:* 19/22. Joshua is sentenced to realignment. (S2)
8.00 **Knight Rider** *Ring of Fire:* 10/24. Michael chases a killer. (S2)
9.00 **The Heretics** Horror starring Nina Kiri. A girl escapes after being kidnapped by a cult, but makes a horrific discovery about herself when she is captured again. (2017, 15, 87min) ★★
10.50 **St. Agatha** Horror with Sabrina Kern and Carolyn Hennesy. (2018, 15, 103min) ★★
12.50 AM **This Is HorrorXtra**
1.00 **First Wave** As 7.00pm.
2.00 **to 3.00** AM **Knight Rider**

+1 hour 318 219 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Last Looks** Thriller. (2021, 15, 110min) ★★★
8.15 **Mona Lisa and the Blood...**
10.05 **The Card Counter** Thriller. (2021, 15, 111min) ★★★★
12.00 NOON **The Parallax View** Thriller. (1974, 15) ★★★★
1.45 PM **Side Effects** Thriller. (2013, 15, 106min) ★★★★
3.35 **Prisoners** Crime thriller. (2013, 15, 153min) ★★★★
6.10 **Old** M Night Shyamalan's horror. (2021, 15, 108min) ★★

6.10 Old

8.00 **The Manchurian Candidate** Thriller remake with Denzel Washington. A Gulf War hero wins the US vice-presidential nomination, but his former platoon commander discovers he is being manipulated by a sinister corporation. (2004, 15, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Brooklyn's Finest** Crime thriller starring Richard Gere, Don Cheadle and Ethan Hawke. Three Brooklyn cops find their lives spinning out of control on the same night. (2009, 18, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Taxi Driver** Martin Scorsese's disturbing drama. (1976, 18, 110min) ★★★★★
2.20 **Sin City** Gory film noir thriller. (2005, 18, 124min) ★★★★
4.25 **to 6.15** AM **Mona Lisa and the Blood Moon** Mystery. (2021, 15, 106min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.35 AM **Akeelah and the Bee**
8.30 **Albert Nobbs** As 6.05pm.
10.25 **Cowboys** Drama with Steve Zahn. (2021, 15, 86min) ★★★
11.55 **Control** Music biopic. (2007, b/w, 15, 116min) ★★★★★
2.00 PM **Akeelah and the Bee** Drama starring Keke Palmer. (2006, 12, 113min) ★★★★
3.55 **Good Will Hunting** Drama. (1997, 15, 126min) ★★★★
6.05 **Albert Nobbs** Period drama. (2011, 15, 109min) ★★★★

6.05 Albert Nobbs

8.00 **Cast Away** Adventure drama starring Tom Hanks as a man who must learn the physical and emotional secrets of survival when he is stranded on a South Pacific island. With Helen Hunt, Nick Searcy and Chris Noth. (2000, 12, 143min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Survivor** Drama based on the story of Harry Haft, a survivor of Auschwitz who boxed his fellow inmates to stay alive. Stars Ben Foster and John Leguizamo. (2021, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **The Kite Runner** Drama. (2007, 12, 122min) ★★★★
2.45 **American Beauty** Satirical comedy. (1999, 18) ★★★★★
4.50 **to 6.50** AM **12 Mighty Orphans** Sports drama. (2021, 12, 118min) ★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.45 AM **The Lodge** Horror. (2019, 15, 108min) ★★★★
8.35 **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
10.10 **Reminiscence** As 4.05am.
12.10 PM **After Earth** Adventure. (2013, 12, 98min) ★★
1.55 **The Mortal Instruments: City of Bones** As 1.50am.
4.05 **Ender's Game** Adventure. (2013, 12, 111min) ★★★
6.00 **Paycheck** Sci-fi thriller. (2003, 12, 119min) ★★★

8.00 Elysium

8.00 **Elysium** Sci-fi action thriller starring Matt Damon and Jodie Foster. In 2154, a fatally ill factory worker has five days to reach the orbiting space station that is home to the rich. With Sharlto Copley. (2013, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Faculty** Sci-fi horror starring Elijah Wood and Jordana Brewster. (1998, 15, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Last Night in Soho** Mystery thriller starring Thomasin McKenzie and Anya Taylor-Joy. (2021, 18, 116min) ★★★★
1.50 AM **The Mortal Instruments: City of Bones** Fantasy adventure starring Lily Collins and Jamie Campbell Bower. (2013, 12, 127min) ★★★
4.05 **to 6.05** AM **Reminiscence** Mystery with Hugh Jackman and Rebecca Ferguson. (2021, 12, 116min) ★★★

Sky Cinema Best of 80s

302 302 856 402 502 516

6.20 AM **Legend** Fantasy adventure. (1985, PG, 94min) ★★★
8.00 **Steel Magnolias** Comedy drama. (1989, PG) ★★★★
10.00 **Batman** Fantasy adventure. (1989, 15, 121min) ★★★★
12.10 PM **Footloose** Teen musical. (1984, 12, 107min) ★★★
2.05 **Young Sherlock Holmes**
4.05 **Top Gun** Aerial action drama. (1986, 12, 110min) ★★★
6.05 **Beverly Hills Cop** Comedy. (1984, 15, 105min) ★★★★★

6.05 Beverly Hills Cop

8.00 **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Judge Reinhold and Brigitte Nielsen. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Evil Dead 2** Tongue-in-cheek horror sequel starring Bruce Campbell. (1987, 18, 85min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Young Sherlock Holmes** Adventure fantasy starring Nicholas Rowe and Alan Cox. (1985, PG, 109min) ★★★
1.25 AM **Fatal Attraction** Director Adrian Lyne's thriller starring Michael Douglas, Glenn Close and Anne Archer. (1987, 18, 120min) ★★★★
3.30 **The Cinema List: The 90s**
4.00 **Evil Dead 2** As 10.00pm.
5.30 **to 6.30** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Duel at Silver Creek** Western. (1952, U, 77min) ★★
12.35 PM **To Hell and Back** War drama. (1955, PG) ★★★
2.45 **40 Guns to Apache Pass** Western. (1966, PG) ★★
4.40 **Winchester '73** Western. (1950, b/w, U, 92min) ★★★
6.30 **Charlotte Gray** Romantic wartime drama starring Cate Blanchett and Billy Crudup. (2001, 15, 121min) ★★★★

6.30 Charlotte Gray

Charlotte Gray (film started at 6.30pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Bandits** Crime comedy starring Bruce Willis, Billy Bob Thornton and Cate Blanchett. Two mismatched escaped convicts go on a crime spree and take a bored housewife along for the ride. (2001, 12, 122min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Elizabeth** Historical drama about the early years of the reign of Elizabeth I, starring Cate Blanchett, Geoffrey Rush and Christopher Eccleston. (1998, 15, 122min) ★★★★ **10 PM**
1.50 **to 3.45** AM **Thunder Road** Comedy drama starring Jim Cummings, Nican Robinson, Jocelyn DeBoer and Kendal Farr. (2018, 15, 92min) ★★★ **11 PM**

+1 hour 314 430 47 301

GREAT! movies romance

319 424 52 303

6.00 AM **Love Takes Flight** Drama. (2019, PG, 87min) ★★
8.00 **Love Locks** Romantic drama. (2017, PG, 90min) ★★
10.00 **Starting Up Love** Romantic comedy. (2019, PG, 77min) ★★
12.00 NOON **October Kiss** Romantic drama. (2015, PG, 110min) ★★
2.00 PM **Love on the Menu** Romantic comedy drama. (2019, PG, 90min) ★★
4.00 **Love at First Glance** Romantic drama. (2017, PG, 80min) ★★
6.00 **Harvest Love** Romantic drama starring Jen Lilley and Ryan Paevey. (2017, PG, 84min) ★★
8.00 **One Winter Weekend** Drama starring Taylor Cole and Jack Turner. (2018, PG, 84min) ★★
10.00 **Just for the Summer** Romantic drama starring Brant Daugherty and Hayley Sales. (2020, PG, 90min) ★★
11.50 **Love at Sea** Romantic drama. (2018, PG, 90min) ★★
1.30 AM **The Song to My Heart** Drama. (2022, PG, 85min) ★★
3.00 **How to Find Forever** Romantic drama. (2021, PG, 90min) ★★
4.30 **to 6.00** AM **Blue Moon Ball** Drama. (2021, PG, 95min) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Watching Over You** Thriller. (2018, PG, 90min) ★★
11.00 **Betrayed By Lies** Drama. (2018, PG, 86min) ★★
1.00 PM **A Deadly Obsession** Thriller. (2012, 12, 88min) ★★
3.00 **Wall of Secrets** Thriller. (2003, PG, 105min) ★★
5.00 **Lost Letter Mysteries: Lost Without You** Crime drama. (2016, PG, 90min) ★★
7.00 **Garage Sale Mystery: The Wedding Dress** Crime drama starring Lori Loughlin. Amateur sleuth Jennifer Shannon investigates the disappearance of a groom on his wedding day. (2015, PG, 83min) ★★
9.00 **A Few Good Men** Courtroom drama with Tom Cruise and Jack Nicholson. A US Navy lawyer locks horns with the martinet commander of a US military base in Cuba over a murder trial. (1992, 15, 132min) ★★★★
11.50 **Extraction** Action thriller. (2015, 15, 88min) ★
1.40 AM **10 Minutes Gone** Action mystery. (2019, 15, 89min) ★
3.45 **to 6.00** AM **Upside Down** Fantasy. (2012, 12, 115min) ★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **M*A*S*H** (S10)
7.00 **Brave Warrior** Western. (1952, U, 73min) ★★
8.30 **Miami Magma** Sci-fi disaster thriller. (2011, 15, 97min) ★★
10.20 **Prelude to War**
11.30 **Wild West Chronicles**
12.00 NOON **M*A*S*H** (S10)
1.00 PM **The Two-Headed Spy** Thriller starring Jack Hawkins. (1958, b/w, PG, 89min) ★★
2.55 **Field Punishment No. 1** War drama. (2014, 12, 90min) ★★★
4.40 **The Rats of Tobruk** War drama. (1944, b/w, PG, 68min) ★★
6.45 **Wild West Chronicles**
7.15 **Fire Twister** Disaster movie starring Casper Van Dien. (2015, 12, 90min) ★
9.00 **We Die Young** Drama starring Jean-Claude Van Damme. A war veteran clashes with gangsters while trying to protect a teenager and his brother. (2018, 15, 115min) ★★
10.55 **Half Past Dead 2** Action thriller sequel with Bill Goldberg and Kurupt. (2007, 15, 92min) ★★
12.45 AM **Seraphim Falls** Western. (2006, 15, 111min) ★★★★
3.00 **to 4.00** AM **War in the Pacific**

+1 hour 324

Movies 24

325 419

7.00 AM **The Baby Proposal** Comedy. (2019, PG, 90min) ★★
9.00 **The Gourmet Detective: Roux the Day** Crime drama. (2020, PG, 83min) ★★
11.00 **Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
1.00 PM **Cut, Color, Murder** Mystery. (2022, PG, 84min) ★★
3.00 **The Sauce of Love** Romantic drama. (2020, PG, 85min) ★★
5.00 **Charm of Love** Romantic drama starring Alina Alcantara. (2020, PG, 90min) ★★
7.00 **Girlfriendship** Romantic comedy starring Tamera Mowry-Housley and Krystal Joy Brown. (2022, PG, 84min) ★★
9.00 **Pumpkin Everything** Romantic comedy drama starring Taylor Cole. A novelist returns to her home town to look after her stubborn grandfather and his pumpkin-themed store. (2022, PG, 84min) ★★
11.00 **How to Train Your Husband** Comedy. (2018, PG, 85min) ★★
1.00 AM **Matchmaker Christmas** Drama. (2019, PG, 90min) ★★
3.00 **to 5.00** AM **The Gourmet Detective: Roux the Day**

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

Luther: The Fallen Sun *Netflix* Crime drama starring Idris Elba and Andy Serkis. ★★★★
Holy Spider *Mubi* Thriller with Mehdi Bajestani and Zar Amir Ebrahimi. Subtitled. ★★★★
9.00 PM **In the Line of Fire** *ITV4* Thriller starring Clint Eastwood. A secret service agent tries to stop a killer assassinating the US president. ★★★★
9.00 **Gone in Sixty Seconds** *5Action* Action thriller starring Nicolas Cage. A former car thief rounds up his old gang to steal 50 cars in one night in a bid to save his brother's life. ★★★
9.00 **Going Clear: Scientology and the Prison of Belief** *Sky Documentaries* The history and actions of the Church of Scientology's leaders. ★★★★
10.40 **An Irish Goodbye** *BBC1 (Wales: 11.40pm)* Comedy drama starring James Martin.
11.15 **Stronger** *BBC2* Drama starring Jake Gyllenhaal. ★★★★
11.20 **Escape Plan 3** *5Action* Thriller sequel with Sylvester Stallone. ★
11.35 **The Krays** *ITV4* Drama starring Martin and Gary Kemp. ★★★

Monday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with the headline-makers.
7.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages, a tip on today's racing and a sporting weather forecast.
10.00 **The Football Show** A look at the major stories making the football headlines, with discussion and analysis of the big talking points.
11.30 **Sky Sports News Special**
12.00 NOON **The Football Show** A look at all the major stories making the football headlines.
1.00 PM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with the headline-makers.
2.00 LIVE **WPL Delhi Capitals v Royal Challengers Bangalore.** Coverage of the Women's Premier League T20 match at DY Patil Stadium in Mumbai, India.
6.00 PM **to 6.00** AM **Sky Sports News** Round-up of the sports news, with live analysis.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
8.30 **Premier League Highlights**
10.00 **The Football Show**
11.30 **Sky Sports News Special**
12.00 NOON **The Football Show**
1.00 PM **Premier League Highlights**
2.30 **Premier League Icons**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 07/08** Great strikes from the 2007/08 season.
5.00 **Premier League Highlights**
6.30 **Soccer AM: The Best Bits**
7.00 **Premier League Review** A look back at the weekend's action.
8.00 **Gary Neville's Soccerbox** With guest Gianfranco Zola. **8.30** The presenter is joined by former Arsenal striker Ian Wright.
9.00 **Premier League Review** A look back at the weekend's action.
10.00 **Soccer AM: The Best Bits**
10.30 **PL Retro** Manchester United v Liverpool from 2008/09.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **Retro League One**
8.45 **EFL Greatest Games**
9.00 **WSL** Arsenal v Reading.
9.30 **EFL Greatest Games**
10.00 **Championship Retro** West Ham United v Blackpool from 2011/12.
12.00 NOON **EFL Highlights**
1.00 PM **EFL Goals: Leagues 1 & 2**
1.30 **EFL Highlights**
3.00 **WSL** Arsenal v Reading.
3.30 **EFL Highlights**
4.30 **EFL Goals: Leagues 1 & 2**
5.00 **EFL Greatest Games**
5.30 **WSL** Arsenal v Reading.
6.00 **Soccer AM: The Best Bits**
6.30 **Bundesliga Highlights Show**
7.30 **EFL Greatest Games** Huddersfield Town v Reading from the 2016/17 season.
7.40 LIVE **Irish Football Crusaders v Cliftonville.** Coverage of the Irish Premiership encounter at Seaview. Kick-off **7.45pm**.
9.45 **WSL** Arsenal v Reading.
10.15 **EFL Highlights**
11.00 **Bundesliga Highlights Show** Action from the latest fixtures.
12.00 M'T **EFL Cup** Chelsea v Liverpool.
1.00 AM **EFL Highlights** Action from the 2022/23 play-off finals.
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Pakistan Super League**
10.10 **Best of England v Windies**
10.30 **Best of the Women's World T20** England v New Zealand.
11.00 **Test Cricket**
12.00 NOON **Pakistan Super League** Lahore Qalandars v Karachi Kings.
12.55 PM **WPL** Action from UP Warriorz v Mumbai Indians.
1.50 LIVE **WPL Delhi Capitals v Royal Challengers Bangalore.** Coverage of the Women's Premier League T20 match at DY Patil Stadium in Mumbai, India.
6.00 **International T20 Cricket** Bangladesh v England.
7.00 **WPL** Action from UP Warriorz v Mumbai Indians.
8.00 **International T20 Cricket** Bangladesh v England.
9.00 **WPL** Delhi Capitals v Royal Challengers Bangalore.
10.00 **Talking Cricket**
11.00 **WPL** Delhi Capitals v Royal Challengers Bangalore.
12.00 M'T **Pakistan Super League** Lahore Qalandars v Karachi Kings.
4.10 AM **Best of the Women's World T20** The 2009 final.
4.40 **Women's World T20 Classics**
5.00 **to 6.00** AM **Talking Cricket**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **The Players Championship Official Film** From 2014.
7.00 **The Players Championship**
3.30 PM **Best of the Sky Zone – The Players** Highlights.
4.00 **Golf Academy** Double bill.
5.00 **The Players Championship Official Film** From 2013/14.
7.00 **The Players Championship** Day four at TPC Sawgrass.
8.00 **The Players Championship Official Film** A look back at the 2019 staging of the tournament.
9.00 **The Players Championship** The fourth day at TPC Sawgrass.
10.00 **The Players Championship Official Film** The story of the 2013 tournament.
11.00 **The Players Championship** The fourth day at TPC Sawgrass.
12.00 M'T **The Players Championship Official Film** A look back at the 2019 staging of the tournament.
1.00 AM **The Players Championship** The fourth day at TPC Sawgrass.
2.00 **The Players Championship Official Film** A look at Sandy Lyle's final round in 1987.
4.00 **The Players Championship**
5.00 **to 6.00** AM **The Players Championship Official Film**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 LIVE **Test Cricket India v Australia.** Coverage of day five of the fourth Test in Ahmedabad.
12.00 NOON **ESPN FC** Football news.
12.30 PM **Premier League Review**
1.30 LIVE **Hockey India v Germany.** The Men's FIH Pro League match from Rourkela in India. Push-back **1.40pm**.
3.30 **Test Cricket Highlights**
4.30 **Premier League Stories**
5.00 **ESPN FC** Football news.
5.30 **ESPN FC Presents: Gab & Juls**
6.00 **The WRC Magazine**
6.30 **Premier League Review**
7.30 LIVE **Serie A AC Milan v Salernitana.** Kick-off **7.45pm**.
9.45 **UEFA Europa League Goals Reload** The pick of the goals.
10.00 **WWE Raw Highlights**
11.00 **WWE SmackDown Highlights**
12.00 M'T LIVE **WWE Monday Night Raw** Wrestling coverage.
3.15 AM **What Went Down**
3.45 **UEFA Europa League Goals Reload** The latest fixtures.
4.00 **Hockey** India v Germany.
5.00 **UEFA Champions League**
5.30 **to 6.00** AM **ESPN FC Presents: Gab & Juls**

BT Sport 2

414 414 871 | 528 | 409 431

6.15 AM **UEFA Europa League Goals Reload**
6.30 **ESPN FC** Football news.
7.00 LIVE **Isuzu UTE A-League Melbourne Victory v Western United.** Coverage from AAMI Park. Kick-off **7.00am**.
9.00 **Badminton**
11.00 **Vanarama National League**
12.30 PM **UEFA Champions League Magazine** News and action.
1.00 **UEFA Champions League Tonight**
2.00 **UEFA Europa League Highlights Show**
3.00 **Premier League Review**
4.00 **Ligue 1 Highlights**
5.00 **Test Cricket Highlights**
6.00 **PSA Squash Highlights**
7.00 **Hockey** India v Germany.
8.00 LIVE **MLB Los Angeles Dodgers v Cleveland Guardians.** Coverage of the spring training match in Phoenix, Arizona. Start-time **8.05pm**.
11.30 **UFC** Double bill.
3.00 AM **MotoGP Classics: Sachsenring 2003**
4.00 **MotoGP Classics: Brno 2004**
5.00 **to 6.00** AM **MotoGP Classics: Laguna Seca 2005**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **ESPN FC** Football news.
6.30 **Premier League – The Big Interview**
7.00 **WWE NXT Highlights**
8.00 **Premier League** Action from Bournemouth v Liverpool.
9.30 **Premier League Review**
10.30 **Premier League Stories**
11.00 **Serie A** Five editions.
4.00 PM **Primeira Liga** Action from Sporting Lisbon v Boavista.
5.00 **Vanarama National League** Action from Notts County v Dorking Wanderers.
6.30 **Isuzu UTE A-League** Melbourne Victory v Western United.
7.30 **Gallagher Premiership Rugby Highlights** Recent action.
9.00 **Fishing: On the Bank** A spring special of the angling magazine.
10.00 **BT Sport Goals Reload**
10.30 **ESPN FC Presents: Gab & Juls**
11.00 **UEFA Champions League Magazine** News and action.
11.30 **The WRC Magazine**
12.00 M'T **Test Cricket Highlights**
2.00 AM **Gallagher Premiership Rugby Highlights** Recent action.
3.30 **Ligue 1 Highlights**
4.30 **The WRC Magazine**
5.00 **to 6.00** AM **Backstory**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Top Rank Boxing Archive**
7.30 **Premier League Darts**
11.00 **Good Morning Football**
2.00 PM **NFL Highlights** Philadelphia Eagles v New York Giants.
3.00 **Netball Superleague** Team Bath v Surrey Storm.
5.00 **International Rugby Union** Highlights of Australia v England in the third Test from July 2022.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights** Green Bay Packers v Tennessee Titans. **8.15** Action from Arizona Cardinals v New England Patriots. **8.30** Highlights from LA Chargers v Miami Dolphins. **8.45** Brief highlights of Minnesota Vikings v New England Patriots.
9.00 **Fight Night** Natasha Jonas v Marie Eve Dicaire from 2022. **10.00** Claressa Shields v Savannah Marshall from 2022.
11.00 **Total Access** A round-up of the latest NFL news.
12.00 M'T **Fight Night** Mikaela Mayer v Alycia Baumgardner from 2022.
1.00 AM **NFL Highlights** Dallas Cowboys v Indianapolis Colts.
4.00 **to 6.00** AM **12th Annual NFL Honors**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **My Icon** Double bill.
8.00 **Test Cricket**
9.00 **Betfred Super League Highlights** Top-flight action.
9.30 **The Players Championship**
10.30 **Test Cricket**
11.30 **Betfred Super League Highlights** Top-flight action.
12.00 NOON **NBA Basketball**
2.00 PM **British Basketball** Manchester Giants v London Lions.
4.15 **Netball Superleague** Team Bath v Surrey Storm.
6.15 **Betfred Super League Highlights** Top-flight action.
7.00 **NBA Basketball** Philadelphia 76ers v Washington Wizards.
9.00 **The Players Championship** The fourth day at TPC Sawgrass.
10.00 **Formula 1** Highlights of the Bahrain Grand Prix in Sakhir.
11.00 **Test Cricket** Action from South Africa v West Indies.
12.00 M'T **NBA Basketball**
2.00 AM **Formula 1** As 10.00pm.
3.00 **Betfred Super League Highlights** Top-flight action.
4.00 **to 6.00** AM **Netball Superleague**

BT Sport 4

423 423 876 | 530 | 411 434

6.00 AM **ESPN SportsCenter**
6.15 **NCAA Championship**
7.45 **ESPN SportsCenter**
8.00 **ESPN FC** Football news.
8.30 **WRC Classic**
9.30 **WRC Review**
1.30 PM **ESPN SportsCenter**
1.45 **College Basketball** Action from an Pac-12 semi-final match. **3.30** Highlights from the Big 12 Championship match. **5.15** Action from the ACC Championship match.
7.00 **ESPN FC Presents: Gab & Juls**
7.30 **College Basketball**
9.15 **ESPN SportsCenter**
9.30 **College Basketball** Action from the WAC Championship match.
11.15 **Ligue 1 Highlights**
12.15 AM **ESPN FC Presents: Gab & Juls** The latest news.
12.45 **The WRC Magazine**
1.15 **ESPN SportsCenter**
1.30 **ESPN FC Presents: Gab & Juls**
2.00 **to 6.00** AM **MLB**

Eurosport 1

410 410 868 | 521 | 412 435

7.00 AM **Alpine Skiing**
9.00 **Cycling: Strade Bianche**
10.00 **Snooker** The final in Bangkok.
12.00 NOON **Cycling: Tour of Taiwan**
12.30 PM **Cycling: Women's Tour of Drenthe** In the Netherlands.
2.00 **Cycling: Gent-Wevelgem**
2.20 **Ski Jumping** Action from Oslo.
3.20 LIVE **Ski Jumping** The World Cup meeting from Norway.
5.15 **Triathlon: Super League Arena Games** Round two in Switzerland.
6.25 **The Judo Show**
7.25 LIVE **Ski Jumping** Qualifying for the men's HS140 in Norway.
8.35 **Ski Jumping** In Lillehammer.
9.30 **FIA World Endurance Championship**
10.30 **Cycling: Women's Tour of Drenthe** In the Netherlands.
12.00 M'T **Cycling: Paris-Nice**
1.00 AM **Triathlon** From Switzerland.
2.00 **Alpine Skiing**
4.00 **Ski Jumping** In Lillehammer.
5.00 **to 7.00** AM **Snooker**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Alpine Skiing**
7.00 **Olympics: Legends Live On**
7.30 **Motocross World Championship**
11.30 **Olympics: Legends Live On**
12.00 NOON **World Superbikes**
1.00 PM **Snooker: Welsh Open**
3.00 **Formula E** Double bill.
5.00 **Motocross World Championship** Race two in the MXGP discipline from Villa La Angostura in Argentina.
7.00 **Olympic Games: World at Their Feet** Profiles.
7.30 **Cycling: Tour of Taiwan** Action from stage one.
8.00 **Cycling: Strade Bianche** Action from the women's one-day race in Italy.
10.00 **Snooker: Six-Red World Championship** The final.
12.00 M'T **Ski Jumping**
2.00 AM **Cycling: Strade Bianche**
4.00 **World Superbikes**
5.00 **to 6.00** AM **Ski Jumping**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Betfred Super League Highlights** Top-flight action.
7.00 **Kevin Sinfield: The Extra Mile**
8.00 **Netball Superleague** Team Bath v Surrey Storm.
10.00 **NBA Basketball** Another chance to see Los Angeles Clippers v New York Knicks. **12.00** NOON Another chance to see Golden State Warriors v Milwaukee Bucks.
2.00 PM **Betfred Super League Highlights** Top-flight action.
4.00 **NBA Basketball** Another chance to see Philadelphia 76ers v Washington Wizards.
6.00 **Fight Night International**
9.00 **NBA Basketball** Another chance to see Philadelphia 76ers v Washington Wizards.
11.00 **Allen Iverson: The Answer**
12.00 M'T **Betfred Super League Highlights** Top-flight action.
2.00 AM **Netball Superleague**
4.00 **to 6.00** AM **NBA Basketball**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** Another chance to see the Bahrain Grand Prix.
1.15 PM **F1 Feature**
1.30 **Formula 1** A chance to see the 2021 Saudi Arabian Grand Prix, the 21st round of the season at the Jeddah Corniche Circuit.
3.45 **F1 Feature**
4.00 **Formula 1** A chance to see the 2022 Saudi Arabian Grand Prix.
6.00 **F1 Feature**
6.30 **Formula 1** Another chance to see the Bahrain Grand Prix.
8.45 **F1 Feature**
9.00 **Formula 1** chance to see the 2021 Saudi Arabian Grand Prix, the 21st round of the season at the Jeddah Corniche Circuit.
11.15 **F1 Feature**
11.30 **Formula 1** Highlights of the 2022 Saudi Arabian Grand Prix.
12.30 AM **Graham Hill – World Champion**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Tuesday

14 March

Evening Planner

Racing

Cheltenham Festival
ITV1, from 1pm
Expect thrills and spills as the National Hunt meeting returns, culminating with the showpiece Gold Cup on Friday.

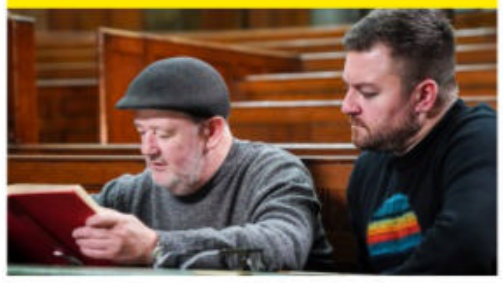
Football

Champions League
BT Sport 1, kick-off 8pm
It's all level for Man City and RB Leipzig as they go into tonight's last-16 second leg with the aggregate score at 1-1.

Documentary

Emma Oti & Rylan's Big Red Nose Challenge
BBC1, 9pm
Emma Willis, Oti Mabuse and Rylan climb the 1,245-metre Cairn Gorm mountain.

Factual



DNA Journey
ITV1, 9pm
The Last Leg's Alex Brooker joins actor and comedian Johnny Vegas as they take a peek into their family histories.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Interior Design Masters with Alan... †		9.00 Emma, Oti & Rylan's Big Red Nose...		10.00 News; Local News	
102 BBC2	7.00 Saving Lives at Sea		8.00 Great British Menu		9.00 The Holy Land and Us: Our Untold Stories		10.15 QI...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 The Martin Lewis Money Show: Live		9.00 DNA Journey		10.10 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Food Unwrapped's Lunch Box		9.00 Paula		10.00 Katie Price's Mucky Mansion	
105 CHANNEL 5	7.00 GPs: Behind Closed Doors		8.00 Dogs Behaving (Very) Badly		9.00 Ben Fogle: New Lives in the Wild		10.00 Who Killed Billie-Jo?	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own Road Trip...		9.00 Film: RED			
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Go Hard or Go Home		10.00 Jerk	
116 BBC4	7.00 Great British...	7.30 The Yorkshire...	8.00 As Time Goes By	8.30 The Mistress	9.00 A History of Britain by Simon Schama		10.00 Bent Coppers: Crossing the Line of Duty	
118 ITV2	7.00 The Masked Singer US		8.00 Superstore		9.00 Loaded in Paradise		10.00 Family Guy	
136 MORE4	◂ 6.55 Escape to the Chateau: DIY		7.55 Grand Designs		9.00 Home Greek Home		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Fred's Last Resort		10.00 Celebrity SAS: Who Dares Wins USA	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 9-1-1: Lone Star		9.00 The Equalizer		10.00 Law & Order: Special Victims Unit	
108 SKY ATLANTIC	◂ 6.50 Yellowjackets		7.55 Game of Thrones		9.00 The Last of Us		10.00 City on a Hill	
110 GOLD	◂ 6.40 Dad's Army		8.00 The Good Life				10.00 The Young Ones	
111 DAVE	7.00 House of Games	7.40 Room 101		8.20 Would I Lie to You?	9.00 QI XL		10.00 Alan Davies: As Yet Untitled	
119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Grantchester	
120 ITV4	◂ 6.55 The Chase Celebrity Special		7.55 Junk and Disorderly		9.00 Film: Speed			
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: The A-Team			
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Star Trek: Voyager		9.00 Film: The Lost Future			
113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own Road Trip...		9.00 NCIS: Los Angeles		10.00 Freddie Down Under	
132 ALIBI	7.00 Person of Interest		8.00 Death in Paradise		9.00 The Diplomat		10.00 Miss Scarlet and the Duke	
130 SKY ARTS	7.00 The Art of the Garden		8.00 Skinner & Minaís Literary Road Trip...		9.00 Jack B Yeats: The Man Who Painted Ireland		10.15 Rudyard Kipling: A Secret...	
DOCUMENTARY								
125 DISCOVERY	7.00 Kindig Customs		8.00 Dive Wars Australia		9.00 Gold Rush		10.00 Gold Rush: The Dirt	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 The Zoo				10.00 Alaska Monsters	
129 NAT GEO	7.00 Air Crash Investigation				9.00 Car S.O.S.		10.00 Drain the Oceans: Deep Dive	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Mystery Places		9.00 U-Boat Wargamers		10.10 The Proof Is Out There	
155 YESTERDAY	7.00 Secrets of the London Underground		8.00 The Architecture the Railways Built		9.00 Bangers and Cash			
121 SKY DOCS	7.00 Escobar by Escobar		8.00 The Vow		9.00 Dublin Narcos		10.00 Inmate 1: The Rise of Danny Trejo	
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.20 Elvis		8.00 To Leslie				10.10 Bodies Bodies Bodies	
303 HITS	◂ 6.00 Four Brothers		8.00 Superbad				10.00 Halloween Kills	
304 OSCARS	◂ 5.40 Jerry Maguire		8.00 The Lord of the Rings: The Return of the King					
305 ANIMATION	◂ 5.40 Extinct	7.20 Riverdance: The Animated Adventure			8.55 Escape from Planet Earth			10.25 The Elfkins
306 FAMILY		7.25 The Mortal Instruments: City of Bones				9.40 Spy Kids 2: Island of Lost Dreams		
307 ACTION	◂ 6.00 The Last Witch Hunter		8.00 Monster Hunter			9.50 Blade 2		
308 COMEDY	◂ 5.55 Emma		8.00 Friends with Benefits				10.00 My Boss's Daughter	
309 THRILLER	◂ 5.40 Stillwater		8.00 The Fifth Estate				10.15 Taxi Driver	
310 DRAMA	◂ 6.00 Safe Haven		8.00 Forces of Nature			9.50 Chicago		
311 SCI-FI	◂ 6.00 Midnight Special		8.00 The Conjuring			9.55 Prince of Darkness		
302 BEST OF 80S	◂ 6.00 Ferris Bueller's Day Off		8.00 Stand by Me			9.45 Fatal Attraction		
313 FILM4	◂ 6.45 G.I. Joe: The Rise of Cobra				9.00 The Equalizer			
315 TCM MOVIES		7.20 The Younger Brothers			9.00 Passenger 57			
SPORT								
401 MAIN EVENT	7.00 Gillette Labs...	7.30 EFL – Live: Middlesbrough v Stoke City (Kick-off 8.00)						10.30 Back Pages...
402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special						10.15 Premier League Review	
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Middlesbrough v Stoke City (Kick-off 8.00)						10.30 Soccer AM
404 CRICKET	7.00 International T20 Cricket		8.00 WPL		9.00 International T20 Cricket		10.00 WPL	
413 BT SPORT 1	7.00 UEFA Champions League – Live: Manchester City v RB Leipzig (Kick-off 8.00)							
414 BT SPORT 2	◂ 6.30 Ligue 1...	7.30 UEFA Champions League – Live: FC Porto v Inter Milan (Kick-off 8.00)						

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Crimewatch Live** New edition (S)
10.45 **Critical Incident** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Doctors** (S)(AD)
2.15 **Jay Blades' Home Fix** How to replace broken guttering. (S)(R)
3.00 **Escape to the Country** New edition A couple search for a home in Herefordshire. (S)(AD)
3.45 **Antiques Road Trip** New edition Natasha finds a silver sandwich box and a Scottish spirit kettle. (S)
4.30 **Bridge of Lies** Game show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

3.00 Escape to the Country

7 PM

7.00 **The One Show** Alex Jones and Jermaine Jenas present the topical show. (S)
7.30 **EastEnders** Callum questions Stacey on suspicion of stealing the money, and Ravi plans to break into the Branning house. (S)(AD)

8 PM

8.00 **Interior Design Masters with Alan Carr** New edition 2/8. The teams make over different classrooms of a children's nursery in Oxfordshire – one for babies, one for toddlers and another for three to five-year-olds. (S)

9 PM

9.00 NEW **Emma, Oti & Rylan's Big Red Nose Day Challenge** Emma Willis, Oti Mabuse and Rylan try to climb the Cairn Gorm mountain in the Scottish Highlands to raise money for Comic Relief. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Sully** Fact-based drama telling the story of US pilot Chesley 'Sully' Sullenberger, who landed a US Airways plane in New York's Hudson River in January 2009. Stars Tom Hanks. (S)(AD) (2016, 12, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **The Apprentice** 10/12. The candidates create, brand and package a new dog food to pitch to major retailers. (S)(R)
1.10 **Michael McIntyre's The Wheel** With Stephen Mangan, Charlotte Church and Sam Quek. (S)(R)
2.10 **Weather for the Week Ahead** Seven-day forecast. (S)
2.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.00 AM **A Believer's Guide To** (S)(R)
6.45 **Coastal Defenders** (S)(R)(AD)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: The Hairy Bikers Go Local** In Northumberland. (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **The Super League Show** The fourth round of fixtures. (S)(R)
1.50 **Eggheads** Quiz show. (S)(R)
2.50 **Hairy Bikers' Best of British** (R)
3.30 **Wild West: America's Great Frontier** America's mountains. (R)
4.30 **Priceless Antiques Roadshow** (R)
5.00 **Flog It!** (S)(R)
6.00 **Richard Osman's House of Games** With Reeta Chakrabarti, Olga Koch and Gareth Thomas. (R)
6.30 **Coast to Coast Food Festival** New edition 2/20. Exploring Abergavenny food festival. (S)

6.30 Coast to Coast Food Festival

7 PM

7.00 **Saving Lives at Sea** 6/10. In St Agnes, the crew are involved in a race against time to rescue two young men. They are reported to be struggling in the water near a headland known as Tubby's Head. (S)(R)

8 PM

8.00 **Great British Menu** New edition 19/24. Chefs from Northern Ireland serve up their canapes, starters and fish dishes inspired by *Wolfwalkers*, *The Gruffalo*, *Puffin Rock* and *The Fog Catcher's Daughter*. (S)
■ Continues tomorrow

9 PM

9.00 NEW SERIES **The Holy Land and Us: Our Untold Stories** 1/2. Documentary in which Rob Rinder and Sarah Agha explore the founding of the state of Israel in 1948, and how it affected those of a Jewish and Palestinian heritage. (S)(AD)

10 PM

10.15 **QI XS** New edition 2/6. Highlights from the comedy panel show hosted by Sandi Toksvig. (S)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Parole** 4/5. A hearing for an inmate serving a sentence. (S)(R)
12.15 AM **Dave** 10/10. The would-be rapper secures a record deal. (S1)
12.45 1/10. A video shoot forces Dave to face reality. (S2) (S)(R)
1.15 **Sign Zone: Great Australian Railway Journeys** (S)(R)
1.45 **Sign Zone: Rip Off Britain – Holidays** (S)(R)
2.30 **Sign Zone: Make It at Market** (R)
3.15 **to 6.45** AM **Previews** (S)

ITV1

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News; Local News** (S)
12.50 **Local News** (S)
1.00 LIVE **Racing: Cheltenham Festival** Ed Chamberlin presents coverage of the opening day of the prestigious festival, including the 3.30 Champion Hurdle. Plus, races at 1.30, 2.10, 2.50 and 4.10. *See feature, page 28.* (S)
4.30 NEW SERIES **Tipping Point: Best Ever Finals** Compilation of the most dramatic endgames from the arcade-themed quiz show hosted by Ben Shephard. (S)
5.00 **The Chase** Quiz show presented by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 The Martin Lewis Money Show

7 PM

7.30 **Emmerdale** Leyla acts on some advice, Colin tries to manipulate his son, Marshall, while Manpreet advises Charles on Alex. (S)(AD)

8 PM

8.00 **The Martin Lewis Money Show** New edition The cash expert continues to answer viewers' pressing financial questions, and unearths some of the best deals going in his News You Can Use. (S)

9 PM

9.00 **DNA Journey** New edition 2/4. Alex Brooker and Johnny Vegas explore their family histories, finding links to Jack the Ripper and the glassblowing industry. (S)(AD)

10 PM

10.10 **ITV News** (S)
10.40 **Local News** (S)
10.55 **The Jonathan Ross Show** Jonathan is joined by *Love Island* presenter Maya Jama, *Great British Bake Off* judge Dame Prue Leith and comedian James Acaster. Plus, One Direction star Niall Horan performs his new single. (S)(R)
12.00 M'T **Starstruck** Olly Murs hosts as four more teams of superfans are transformed into their idols before stepping onto the stage. (S)(R)
1.05 AM **Shop: Ideal World**
3.00 **The Bay** 1/6. DS Jenn Townsend receives an emergency call and races to the scene. (S4) (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Family Fortunes** (R)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **Countdown** (S)(R)
6.50 **3rd Rock from the Sun** (S)(R)(AD)
7.40 **The King of Queens** (S)(R)(AD)
9.00 **Frasier** 7-9/24. (S4) (S)(R)(AD)
10.30 **Undercover Boss USA** (S)(R)
11.25 **News** (S)
11.30 **Emergency Helicopter Medics** New edition A teenager falls from a cliff in South Shields. (S)(AD)
12.30 PM **Steph's Packed Lunch** New edition Magazine. (S)
2.10 **Countdown** New edition (S)
3.00 **Tool Club** New edition The rescue of a community allotment. (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition (S)
5.30 **Come Dine with Me** New edition Night two from Huddersfield. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** Reunited couple Juliet and Peri escape to Brighton. (S)

10.00 Katie Price's Mucky Mansion

7 PM

7.00 **News** (S)
7.55 **The Political Slot** Political comment from the Green Party. (S)

8 PM

8.00 **Food Unwrapped's Lunch Box** New edition Kate Quilton finds out if there is a difference between soft and crusty bread rolls, and Andi Oliver reveals why chocolate chips don't melt when baked in cookies. (S)(AD)

9 PM

9.00 **Paula** Series finale 2/2. A look at Paula Yates' career as a writer, the importance of motherhood to her persona, the criticisms she faced and how she coped in the aftermath of Michael Hutchence's death. (S)(AD)

10 PM

10.00 **Katie Price's Mucky Mansion** Series finale 4/4. Katie teams up with her mum and sister to create a Barbie-inspired office, and calls in professional help to declutter and downsize her wardrobe. (S)(AD)
11.05 **24 Hours in A&E** Anthony is rushed to resus after coming off his motor scooter. (S)(R)(AD)
12.05 AM **Kathy Burke: Growing Up** (R)
1.05 **999: On the Front Line** (S)(R)
2.00 **Couples Come Dine with Me** (R)
2.55 **The Last Leg** (S)(SL)(R)
3.50 **The Great Pottery Throw Down: The Final** (S)(SL)(R)(AD)
4.55 **Location, Location, Location** (R)
5.50 **to 6.10** AM **Kirstie's House of Craft** (S)(R)

+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.55 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.45 PM **GPs: Behind Closed Doors** A journalist who has PTSD after being imprisoned. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Deadly Daughter** Thriller starring Sarah Butler. A woman's father dies in a hit-and-run incident. (S) (2020, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Cameras catch up with couple Beckii and Simon. (S)(R)
5.00 **News** (S)
6.00 **Big Road Rescue: Emergency Call Out** Recovery operator Steve is called out to rescue a broken down dustcart. (S)(R)
6.55 **News** (S)

9.00 Ben Fogle: New Lives in the...

7.00 **GPs: Behind Closed Doors** New edition A patient faints after Dr Chris Ferdinand issues a steroid injection, and Dr Aireen Razak meets a man struggling with a chest infection. (S)
7.55 **News** (S)
8.00 **Dogs Behaving (Very) Badly** New edition 11/15. Graeme Hall meets an excitable English Bulldog that welcomes new guests by latching onto them with his vice-like grip. (S)
9.00 **Ben Fogle: New Lives in the Wild** Series finale 9/9. Ben spends a week in Dorset with former paratrooper Chris, who has spent the last five years walking the UK's coastline. (S)
10.00 **Who Killed Billie-Jo?** The unsolved case of 13-year-old Billie-Jo Jenkins, who was murdered on the patio of her Hastings home in 1997, revealing how her foster father was initially convicted of the murder. (R)
12.05 AM **Born to Kill: Peter Moore** The crimes of cinema entrepreneur Peter Moore, who brutally murdered four men in Wales in 1995. (S)(R)
1.00 **The LeoVegas Live Casino Show** Interactive gambling. (S)
3.00 **Hijacked** Documentary. (S)(R)
3.50 **The Blitz: Britain on Fire** (R)
4.40 **Railways That Built Britain** (R)
5.30 **to 5.55** AM **Nick's Quest** (S)(R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Wild Tales from the Farm** (R)
9.00 **Nothing to Declare** (S)(R)
10.00 **Supergirl** (S)(R)
11.00 **NCIS: New Orleans** (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
2.00 **S.W.A.T.** 8/22. (S5) (S)(R)(AD)
3.00 **Gangs of Lemur Island** (S)(R)
4.00 **The Conners** 20/20. (S3) (R)
4.30 **Futurama** (S)(R)
5.00 **The Simpsons** (S)(R)
5.30 **The Fresh Prince of Bel Air** *What's Will Got to Do with It?* 2/25. Ashley's music career takes off in a big way. (S)(R) **6.00** *Reality Bites:* 3/25. Will falls out with Nicky. (S5) (S)(R)
6.30 **The Simpsons** *Trash of the Titans:* With the guest voices of U2 and Steve Martin. (S)(R)

9.00 RED

7.00 **The Simpsons** *King of the Hill:* Two executives hire Homer to climb a mountain. (S)(R) **7.30** *Lost Our Lisa:* Lisa persuades Homer to let her visit the museum, but she gets lost on the way. (S)(R)
8.00 **A League of Their Own Road Trip: Southeast Asia** 4/6. Jamie Redknapp and Micah Richards are joined by Alan Carr, Joel Dommett and Emily Atack for the next leg of their road trip. (R)
9.00 FILM **RED** Action comedy thriller starring Bruce Willis. After surviving an attempt on his life, a retired CIA agent sets about tracking down and re-assembling his former black-ops team in order to find out who wants to kill him and why. With Helen Mirren, Morgan Freeman and Mary-Louise Parker. (R) (2010, 12, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.05 **S.W.A.T.** *Guacaine:* The team are left to contend with a deadly cartel. (S6) (S)(R)
12.05 AM **The Force: North East** (R)
1.05 **Road Wars** (S)(R)
2.05 **NCIS: Los Angeles** (S11) (S)(R)
3.05 **Hawaii Five-0** 16/24. McGarrett runs surveillance on his mother. (S3) (S)(R)
4.00 **S.W.A.T.** 8/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
8.00-9.00pm Debate Night Leadership Special (S) **12.10am** The Edit (S) (R) **12.25** The Apprentice (S)(R) **1.25** Michael McIntyre's The Wheel (S) (R) **2.25** Weather for the Week Ahead (S) **2.30-6.00am** BBC News (S)

N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
10.40pm Spotlight New edition (S) **11.10pm-12.10am** Go Hard or Go Home (S)(R)

WALES
Sky **952**, Virgin **864**, Freesat **964**
10.40pm Dark Land: Hunting the Killers New edition (S) **11.20** Jerk New episode (S) **11.45** FILM Sully (S)(AD) (2016, 12, 90min) ★★★★ **1.15-2.15am** The Apprentice (S)(R)

BBC2

N. IRELAND
Sky **972**, Freesat **969**
No variations

WALES
Sky **971**, Freesat **971**
1.50pm First Minister's Questions (S) **2.40** Eggheads (S)(R) **3.40** Hairy Bikers' Best of British (S)(R) **4.20** Wild West: America's Great Frontier (S)(R)(AD) **5.20** Priceless Antiques Roadshow (S)(R) **5.50-6.00pm** Nigel Slater's Simple Cooking (S)(R)

ITV1

As main ITV1 except:
No variations

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Codi Hwyl America **12.30** Heno **1.00** Her yr Hinsawdd (AD) **1.30** Ffermio **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pen/Campwyr **6.30** Sgorio **6.57** Newyddion S4C a'r Tywydd **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion S4C a'r Tywydd **9.00** Teulu, Dad a Fi New edition (AD) **10.00** Diflaniad New episode **10.50** Richard Holt: Yr Academi Felys **11.25-11.40pm** lawn Met

TV&Satellite week
New issue on sale today

BBC3

115/117/141 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear**
7.55 **The Catch Up**
8.00 **Glow Up: Britain's Next Make-Up Star** Make-up artists battle to be named Britain's next make-up star.
9.00 **Go Hard or Go Home** Series finale 10/10. The final three compete to be crowned winner in the last challenges, including an endurance hold in 30 degree heat and a battle against all of the elements.
10.00 **Jerk** 1/6. Tim's acting career is short-lived when he causes chaos on the set of a period biopic. **10.30** 2/6. Tim gets scouted as a drug dealer. (S3)
10.55 **Big Zuu's Big Eats**
11.55 **Brickies** Young bricklayers trade banter and build their futures through fallouts and friendships.
12.25 AM **Go Hard or Go Home** Triple bill of the series in which eight contestants are pushed to their limits.
3.25 **to 3.55** AM **Brickies**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo explores the West Country.
7.30 **The Yorkshire Dales** Paul Rose explores Wensleydale.
8.00 **As Time Goes By** 5/6. Jean makes a play for Alistair.
8.30 **The Mistress** 4/6. Luke finds himself in the unusual position of being home alone.
9.00 **A History of Britain by Simon Schama** 10/15. The Jacobite rebellion.
10.00 **Bent Coppers: Crossing the Line of Duty** 3/3. How corruption within the City of London's CID grew out of control in the late 1970s.
11.00 **Antarctica Ice Station Rescue: Horizon**
12.00 M'T **The PM, the Playboy and the Wolf of Wall Street: Storyville**
1.25 AM **Africa with Ade Adepitan** Exploring South Africa and Mozambique.
2.25 **Great British Railway Journeys** As 7.00pm.
2.55 **to 3.55** AM **A History of Britain by Simon Schama**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** With Rufus Hound.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Location, Location, Location** Kirstie Allsopp and Phil Spencer are house-hunting in Yorkshire.
5.55 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer meet a couple in High Wycombe.
6.55 **Escape to the Chateau: DIY** Johnny gets a crash course in the dos and don'ts of chateau shopping.
7.55 **Grand Designs** 3/7. Following the progress of a dual-purpose family and wheelchair-friendly home.
9.00 **Home Greek Home** New edition 3/6. Cracks are starting to show during the tourist season. With the summer sun burning down on freshly poured concrete, Sarah has to step in to stop it all falling apart.
10.00 **24 Hours in A&E** A 26-year-old man is treated after he is hit by a car.
11.05 **Swingers** Documentary.
12.05 AM **Home Greek Home**
1.10 **8 Out of 10 Cats Does Countdown**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Hotel Hell**
9.00 **Married at First Sight Australia**
10.30 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **Brooklyn Nine-Nine**
1.00 PM **The Big Bang Theory**
3.00 **Modern Family**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Ste and James have a big question to ask Sienna and Romeo.
7.30 **Married at First Sight Australia** New edition Tensions are high as the couples attend their first dinner party of the series.
9.00 NEW SERIES **Fred's Last Resort** 1/8. Fred Sirieix challenges a group of youngsters to run a luxury hotel in the south of France.
10.00 **Celebrity SAS: Who Dares Wins USA** New edition The celebrity recruits learn a lesson in using fear to inform and help, rather than allowing it to overpower their thoughts.
11.05 **Gogglebox**
12.10 AM **First Dates**
1.20 **Married at First Sight Australia**
2.45 **Fred's Last Resort**
3.40 **Celebrity SAS: Who Dares Wins USA**
4.30 **The Big Bang Theory**
4.55 **to 6.00** AM **The Goldbergs**

+1 hour 235 | 146 | 30 | 123

Tuesday primetime

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security USA**
8.00 **Border Patrol**
9.30 **Caught Red Handed**
11.00 **Elementary** 7/13. (S7)
12.00 NOON **FBI** 3/15. (S3)
1.00 PM **9-1-1** 15/18. A social media influencer has an accident in a sauna. (S5)
2.00 **Bull** 2/22. Jason does jury duty, while mounting a defence for a woman on trial. (S3)
3.00 **The Real A&E**
4.00 **Nothing to Declare**

9.00 The Equalizer

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **9-1-1: Lone Star** *Stud:* 5/10. The crew break up a fight at a male strip club. (S1)

9 PM

9.00 **The Equalizer** New episode *One Percenters:* 4/10. A motorcycle club seeks the team's help. (S3)

10 PM

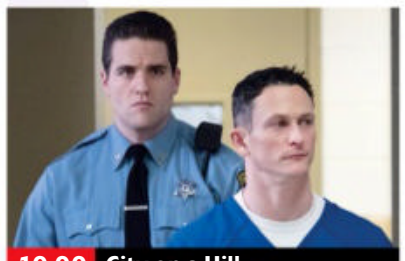
10.00 **Law & Order: Special Victims Unit** *Burning with Rage Forever:* 11/22. Benson suspects her son is being bullied. (S23)
11.00 **FBI** 16/19. A father kidnaps a billionaire's daughter. (S2)
12.00 M'T **FBI: Most Wanted** (S3)
1.00 AM **The Rookie: Feds** (S1)
2.00 **Road Wars**
3.00 **9-1-1** 13/18. (S5)
4.00 **Private Eyes** 8/12. (S4)
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 163

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Fish Town**
7.55 **The Affair** 7&8/10. (S1)
10.05 **Gomorrah** 1&2/12. (S1)
12.15 PM **Game of Thrones** (S5)
1.20 **The Leftovers** 1&2/8. (S3)
3.35 **Gomorrah** 2/12. The police raid a Savastano cocaine shipment. Subtitled. (S1)
4.40 **Succession** 3/10. Kendall convinces Rava to give their marriage a second chance. **5.45** 4/10. The family attend an annual company gala. (S1)
6.50 **Yellowjackets** 2/10. The teens get their bearings. (S1)


10.00 City on a Hill

7.55 **Game of Thrones** *The Red Woman:* 1/10. The fate of Jon Snow is revealed, while Ramsay sends his dogs after Theon and Sansa. (S6)

9.00 **The Last of Us** 9/9. A smuggler is tasked with escorting a teenage girl across a post-apocalyptic United States. (S1)

10.00 **City on a Hill** *Mayor Curley and the Last Hurrah:* 10/10. A pang of guilt has Jackie reflecting on his legacy. (S1)
11.05 **Lovecraft Country** 8/10. When a familiar visitor arrives, Atticus and Leti take steps to protect their future. (S1)
12.15 AM **In Treatment** 8/24. (S4)
12.45 **Game of Thrones** 10/10. (S5)
2.00 **Devils** 7&8/10. (S1)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate SG-1** (S4)
8.00 **DC's Legends of Tomorrow**
9.00 **Quantum Leap** 6/22. (S3)
10.00 **Supergirl** 6/19. (S5)
11.00 **NCIS: New Orleans** (S6)
1.00 PM **Hawaii Five-0** (S3)
2.00 **S.W.A.T.** 8/22. (S5)
3.00 **Quantum Leap** 5/22. (S3)
4.00 **DC's Legends of Tomorrow**
5.00 **Supergirl** 6/19. (S5)
6.00 **Stargate SG-1** 20/22. Disaster looms when an alien probe takes over the computer system. (S4)

8.00 A League of Their Own

7.00 **Stargate SG-1** *Double Jeopardy:* 21/22. An old acquaintance seeks help from the team members. (S4)

8.00 **A League of Their Own Road Trip: Southeast Asia** 4/6. Alan Carr, Joel Dommett and Emily Atack join Jamie and Micah.

9.00 **NCIS: Los Angeles** *Let It Burn:* 8/20. The team investigate an arson attack at a naval defence contractor. (S14)

10.00 **Freddie Down Under** 1/6. Andrew Flintoff and Rob Penn set off on a adventure along the east coast of Australia.
11.00 **S.W.A.T.** 8/16. Violence erupts at a popular food truck festival. (S6)
12.00 M'T **Fantasy Football League**
12.35 AM **Road Wars**
2.00 **Air Ambulance ER**
3.00 **Hawaii Five-0** 16/24. (S3)
4.00 **S.W.A.T.** 8/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Love Bites**
8.00 **Dress to Impress**
9.00 **Chuck** 21/24. (S4)
10.00 **One Tree Hill** 5/22. (S3)
11.00 **The O.C** 23/24. (S2)
12.00 NOON **Love Bites**
1.00 PM **Dress to Impress**
2.00 **Supermarket Sweep**
3.05 **Chuck** 22/24. (S4)
4.00 **One Tree Hill** 6/22. (S3)
5.00 **The O.C** 24/24. (S2)
6.00 **Celebrity Catchphrase**

8.00 Superstore

7.00 **The Masked Singer US** 5/14. Banana Split, Cupcake, Queen of Hearts, Mallard and Caterpillar perform.

8.00 **Superstore** 17/21. Jeff makes his return. **8.30** 18/21. Garrett helps Dina plan a date with her boyfriend. (S5)

9.00 NEW SERIES **Loaded in Paradise** Party-loving pairs of contestants island hop around Greece's Aegean Islands.

10.00 **Family Guy** 15/20. Stewie gets injured while playing football. **10.30** 16/20. Peter opens a food truck. (S15)
11.00 **Family Guy** 5/20. Taylor Swift goes to the homecoming dance with Chris. (S15)
11.35 **Family Guy** 18/20. (S14)
12.05 AM **American Dad!** (S4)
1.00 **Superstore** 19&20/21. (S5)
2.00 **Hey Tracey!**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.35 **Classic Coronation Street**
8.05 **Man About the House**
9.05 **Where the Heart Is**
11.10 **Agatha Christie's Poirot**
12.20 PM **Heartbeat**
1.25 **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Midsomer Murders** *Bad Tidings:* A Spanish-themed evening ends in murder.
5.35 **Downton Abbey** 5/9. The entire household is shaken by bad news from the front. (S2)

6.55 Heartbeat

6.55 **Heartbeat** *Sons and Lovers:* Greengrass has his sights set on poaching from Ashfordly Hall.

8.00 **Grace** *Looking Good Dead:* 1/4. The detective believes a serial killer might be on the loose after a schoolteacher is found dead in Brighton, and human remains are discovered in a field. (S2)

10.00 **Grantchester** 4/6. A member of Will's own congregation is found dead just before a church fundraising event. (S7)
11.00 **Grantchester** 5/6. After a murder at an old folks' home, two of its residents go missing. Will and Geordie are given the run around when they try and track them down. (S7)
12.05 AM **Where the Heart Is**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Sportscene: SWPL Highlights** Jane Lewis hosts action from the top-flight fixtures.
7.45 **Rewind 1980s** Music, news and TV of 1981.
8.00 **Watching Ourselves: 60 Years of TV in Scotland** 1/7. A celebration of Scottish TV, beginning with its history of journalism. **8.30** 3/7. How the country's cities have featured in TV drama.
9.00 **The Nine**
10.00 **Pictures from Ukraine** New edition 1/2. War photographer David Pratt heads to Ukraine to cover the conflict.
11.00 PM **to 12.00** M'T **Debate Night Leadership Special** The candidates vying to be the new SNP leader make their cases.

Sky Comedy

114/115 112 347 362

8.00 AM **Futurama** (S2)
9.00 **A.P. Bio** 6&7/8. (S3)
10.00 **Pen15** 10&11/15. (S2)
11.15 **Entourage** (S3)
12.30 PM **Fresh Prince of Bel Air** (S4&5)
1.30 **Our Cartoon President**
2.35 **The Office (US)** (S3)
3.10 **Will & Grace** (S3)
4.00 **The Conners** (S3)
4.30 **Futurama** (S6)
5.00 **The Office (US)** (S3)
5.30 **Fresh Prince of Bel Air**
6.30 **Futurama** (S2)
7.30 **The Office (US)** (S5)
8.00 NEW SERIES **The Conners** 1/20. (S4)
8.30 **The Office (US)** (S5)
9.00 **Barry** 4-6/8. (S2)
11.00 **The Late Late Show with James Corden** New edition Chat and entertainment show.
12.00 M'T **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
1.00 AM **Intelligence** (S1)
2.00 **Silicon Valley** (S6)
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Highlights**
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Best of Landscape Artist**
1.00 PM **Tales of the...**
2.00 **The Art of Architecture**
3.00 **Landscape Artist 2019**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **The Art of the Garden**
8.00 NEW SERIES **Skinner & Mina's Literary Road Trip: Pope & Swift**
9.00 NEW **Jack B Yeats: The Man Who Painted Ireland** Documentary.
10.15 **A Secret Life**
11.15 **Thomas Hardy: Fate, Exclusion and Tragedy**
12.15 AM **My Rembrandt**
2.05 **Cold War & Cinema**
3.05 **Wonderland: From JM Barrie to JRR Tolkien**
4.05 **Sky Arts Book Club**
5.05 **Music Icons**
5.35 **to 6.00** AM **Highlights**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S4)
5.00 **Star Trek: The Next Generation** 3/26. (S4)
6.00 **Star Trek: Enterprise**
7.00 **Star Trek: Voyager** (S2)
8.00 **NCIS: New Orleans** (S2)
9.00 **S.W.A.T.** 12/21. (S3)
10.00 **Grimm** 12/22. (S1)
11.00 **Snapped** Crime series.
12.00 M'T **How I Caught the Killer** Real-life cases.
1.00 AM **The Force: North East** Documentary.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

Comedy Central

112/113 132 345 360

8.00 AM **Younger** (S3)
9.00 **The Middle** (S9)
11.00 **Last Man Standing** (S6)
1.00 PM **Friends** (S5&6)
8.30 **Friends** 4/25. Ross tries his hand at teaching. **8.30** 5/25. Joey is mistaken for the owner of a Porsche. (S6)
9.00 FILM **The A-Team** Action thriller based on the 1980s TV series, starring Liam Neeson and Bradley Cooper. (2010, 12, 117min) ★★
11.20 **Greatest Ever Movie Blunders** Elis James presents a selection of mistakes in movies.
12.20 AM **Donald Glover: Comedy Central Live**
12.50 **South Park** (S15&16)
2.20 **The Ren & Stimpy Show**
2.50 **Beavis and Butt-Head**
3.20 **The Ricky Gervais Show**
3.45 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 28 119

7.00 AM **Real Housewives of Cheshire** Reality series.
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown** New edition
12.25 PM **Real Housewives of New Jersey**
1.20 **The Real Housewives of Cheshire** Reality series.
2.20 **The Only Way Is Essex**
3.15 **Million Dollar Listing: LA** Property series.
4.10 **The Real Housewives of Orange County**
5.00 **The Real Housewives of New York City**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **The Real Housewives of Atlanta** New edition
10.00 **Botched**
11.00 **For Real: The Story of Reality TV**
11.55 **The Only Way Is Essex**
12.55 **to 1.00** AM **Unwind with ITV**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Robin of Sherwood**
7.30 **Magnum, PI**
8.30 **Racing: The Opening Show**
10.00 **The Best of the 70s**
10.15 **Minder**
11.25 **Dempsey and Makepeace**
12.25 PM **Robin of Sherwood**
1.35 **Extreme Salvage Squad**
2.35 **Magnum, PI**
3.35 **The Sweeney**
4.45 **Minder**
5.55 **Extreme Salvage Squad**

9.00 Speed

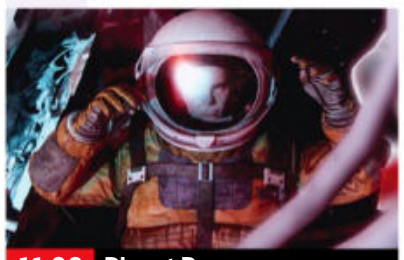
6.55 **The Chase Celebrity Special** With guests Tim Vine, Alice Beer, Ken Bruce and Sonny Jay.
7.55 **Junk and Disorderly** The team head for Tewkesbury auction, and they buy so much stuff that they have got their work cut out for them.
9.00 FILM **Speed** Action thriller starring Keanu Reeves, Dennis Hopper and Sandra Bullock. An LA cop tries to save the passengers on a bus that is wired to explode if it slows under 50mph. (1994, 15, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.20 **Wrestling: AEW Rampage** Hard-hitting, high-flying wrestling action with many of AEW's biggest stars.
12.35 AM **Hornblower** 2/8. Horatio prepares for his lieutenant exam. (S1)
2.30 **to 3.00** AM **The Protectors**

+1 hour 220 175 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Pandora** 11/13. (S1)
7.00 **The Outpost** 11/13. (S4)
8.00 **Teleshopping**
11.00 **Pandora** 11/13. (S1)
12.00 NOON **Star Trek: Deep Space Nine** (S2)
2.00 PM **Fringe** 4/22. (S2)
3.00 **The Outpost** 11/13. (S4)
4.00 **Pandora** 11/13. (S1)
5.00 **Stargate SG-1** 15/22. A giant asteroid threatens Earth. (S5)
6.00 **Star Trek: Deep Space Nine** 14/26. O'Brien finds himself shunned by the crew. (S2)


11.00 Planet Dune

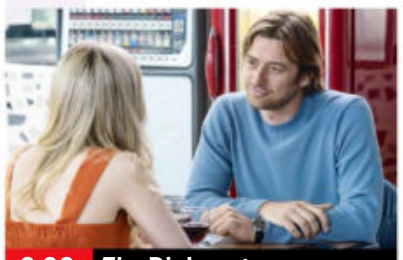
7.00 **Star Trek: Deep Space Nine** *Paradise:* 15/26. Sisko and O'Brien become stranded on a backward planet. (S2)
8.00 **Star Trek: Voyager** *Heroes and Demons:* 12/16. An alien life form transforms the crew into pure energy. (S1)
9.00 FILM **The Lost Future** Sci-fi adventure starring Sean Bean and Corey Sevier. In a post-apocalyptic world, humans live in caves and must fight mutant monsters and a devastating virus. (2010, 15, 87min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 FILM **Planet Dune** Sci-fi adventure with Sean Young. (2021, 12, 80min) ★★
1.00 AM **Room 104** 3&7/12. (S2)
2.00 **Star Trek: Voyager** (S1)
3.00 **Stargate SG-1** 15/22. (S5)
4.00 **to 6.00** AM **Star Trek: Deep Space Nine**

+1 hour 229

Alibi

109/110 809 126 343 358

7.15 AM **Murdoch Mysteries**
9.00 **WPC 56** 4/5. (S2)
10.00 **Rizzoli & Isles** 4/15. (S2)
11.00 **Person of Interest** (S3)
12.00 NOON **Miss Fisher's Murder Mysteries** 12/13. (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Rizzoli & Isles** 4/15. (S2)
6.00 **Without a Trace** 2/24. The team fear that a teenager who has disappeared is going to bomb his school. (S4)


9.00 The Diplomat

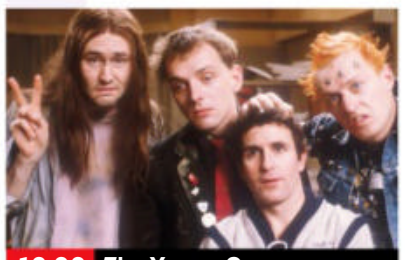
7.00 **Person of Interest** *The Perfect Mark:* 7/23. Carter tries to protect Laskey when he is asked to kill a money launderer. (S3)
8.00 **Death in Paradise** *The Healer:* 4/8. A blind woman dies live on stage while being treated by a faith healer. (S7)
9.00 **The Diplomat** New episode 3/6. Laura gets some unexpected help in the Sutherland investigation. (S1)
10.00 **Miss Scarlet and the Duke** 3/6. Eliza is forced into hiding when she is the prime suspect in a series of break-ins. (S2)
11.00 **Without a Trace** As 6.00pm.
12.00 M'T **The Doctor Blake Mysteries** 9/10. A prospector is found dead. (S1)
1.00 AM **Miss Fisher's Murder Mysteries** 12/13. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 344 359

7.10 AM **Highlights**
9.25 **Hi-de-Hi!**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **The Green Green Grass**
12.40 PM **Outnumbered**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.40 **Hi-de-Hi!**
3.20 **Last of the Summer Wine**
4.40 **Dad's Army**
5.20 **Green Green Grass**
6.00 **Hi-de-Hi!**
6.40 **Dad's Army**


10.00 The Young Ones

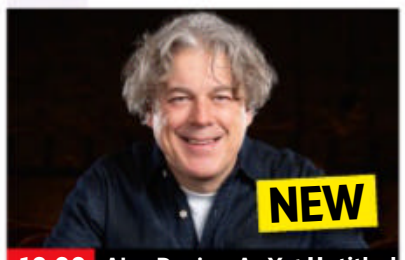
7.20 **Dad's Army** Mainwaring camps the platoon in the middle of a firing range.
8.00 **The Good Life** Tom and Barbara attend evening classes, while Margo tries to master pottery. **8.40** Barbara and Tom's early morning activities disturb Margo and Jerry. **9.20** Perky the pig gives birth to her litter in the middle of the night.
10.00 **The Young Ones** The housemates strike oil.
10.50 **The Good Life** Tom invents a new means of transport.
11.25 **Live at the Apollo** With Jon Richardson, Stephen K Amos and Micky Flanagan.
12.30 AM **French and Saunders**
1.05 **The Young Ones** As 10.00pm.
1.55 **The Good Life** As 8.40pm.
2.40 **Live at the Apollo**
3.25 **to 4.00** AM **Desmond's**

+1 hour 210/211 194

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Cop Car Workshop**
9.00 **The Force: Behind the Line**
10.00 **Australian Ninja Warrior**
11.30 **Rick Stein's Far Eastern Odyssey** From Thailand.
12.30 PM **The Force: Behind the...**
1.00 **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Australian Ninja Warrior** New edition The second heat.
5.30 **Travel Man: 48 Hours in Helsinki** With Paul Rudd.
6.00 **Taskmaster** Creating a video.



10.00 Alan Davies: As Yet Untitled

7 PM
7.00 **Richard Osman's House of Games** With Anneka Rice and Al Murray.
7.40 **Room 101** With guests Stephen Mangan, Phil Wang and Holly Walsh.
8 PM
8.20 **Would I Lie to You?** With guests Jo Brand, Joe Lycett, Joe Swash and Ruth Madeley.
9 PM
9.00 **QI XL** Aisling Bea, Holly Walsh and Nikki Bedi join Alan Davies, as host Sandi Toksvig finally gets round to a bit of procrastination..
10 PM
10.00 NEW SERIES **Alan Davies: As Yet Untitled** With guests Sue Perkins, Jamali Maddix, Lara Ricote and Josh Jones.
11.00 **World's Most Dangerous Roads** From Iceland.
12.05 AM **Mock the Week**
12.45 **QI XL** With Phill Jupitus.
1.25 **Meet the Richardsons**
2.00 **Comedians Giving Lectures**
2.35 **Sliced** Comedy series.
3.20 **to 4.00** AM **Famalam**

+1 hour 211 131 57

GREAT! tv

157 189 50 142

6.00 AM **Sue Thomas: F.B.Eye** 17&18/19. (S2)
8.00 **Highway to Heaven**
10.00 **Crazy Like a Fox** (S1)
11.00 **Castle** 14/23. (S6)
12.00 NOON **Body of Proof**
1.00 PM **Sue Thomas: F.B.Eye** 11&12/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 22-25/25. (S8)
9.00 **Randall and Hopkirk (Deceased)** *Murder Ain't What It Used to Be:* 7/26. The ghost of a notorious gangster settles old scores. (S1)
10.00 **The Persuaders!** *Nuisance Value:* 18/24. Danny and Brett help a woman in distress. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S8)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **Sue Thomas: F.B.Eye**
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
12.30 PM **A New Life in the Sun** From France.
1.30 **Come Dine with Me**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
7.00 **The Dog House** Two funeral workers want to rescue a dog in need.
8.00 **Jamie's £1 Wonders** Jamie shares ways to make meat go further.
9.00 **Gogglebox** The households' opinions on *Nadiya's Everyday Baking*. **10.00** The armchair critics watch the best of the week's TV.
11.05 **Paula** Documentary.
12.05 AM **Sex Actually with Alice Levine**
1.10 **Katie Price's Mucky Mansion** Documentary.
2.15 **Send Nudes: Body SOS**
3.15 **8 Out of 10 Cats Does Countdown**
4.10 **to 4.40** AM **A Place in the Sun**

5USA

141 141 153 21 129

9.00 AM **Murder, She Wrote**
10.00 **NCIS** 3&5/25. (S6)
11.55 **Entertainment News**
12.00 NOON **NCIS** 5/25. (S6)
1.00 PM **Law & Order**
6.00 **NCIS** *Hide and Seek:* 19/25. A child discovers a murder weapon. **7.00** *Dead Reckoning:* 20/25. Gibbs is forced to work with Trent Kort. **8.00** *Toxic:* 21/25. An army scientist goes missing. (S6)
9.00 **Law & Order: Special Victims Unit** *The Five Hundredth Episode:* 6/22. Amaro tries to clear a man's name. (S23)
10.00 **Law & Order: Criminal Intent** 6/16. (S8)
11.00 **Law & Order: Special Victims Unit** (S6)
12.55 AM **Law & Order: Criminal Intent**
2.50 **The Blacklist** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Rich Holiday, Poor Holiday**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Car Pound Cops: Give...**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops: Give Me My Car Back!**
6.00 **Home and Away**
7.00 **Wetherspoons: How Do They Do It?!**
8.00 **22 Kids & Counting**
9.00 **Rich Kids Go Skint** New edition
10.00 **999: Critical Condition**
11.00 **Casualty 24/7: Every Second Counts**
12.00 M'T **Born to Kill?**
1.00 AM **Dirty Home Rescue**
2.00 **GPs: Behind Closed Doors** Documentary.
2.45 **Bargain Brits on Benefits** Documentary.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228 186 141

W

132 827 125 25 156

6.15 AM **Top Chef**
7.00 **Property Brothers: Forever Homes**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **The Hairy Bikers' Northern Exposure**
1.00 PM **Tipping Point**
4.00 **DIY SOS: The Big Build**
5.00 **Property Brothers: Forever Homes**
6.00 **MasterChef Australia**
7.30 **Inside the Ambulance**
9.00 **DIY SOS: The Big Build** Nick Knowles and his band of builders transform a couple's home in Sunderland.
10.00 **24 Hours in A&E** A 75-year-old is rushed in with a high heart rate.
11.00 **Stacey Dooley Sleeps Over USA**
12.00 M'T **One Born Every Minute** Documentary.
1.00 **to 3.00** AM **Rochelle Humes: Interior Designer in the Making**

+1 hour 232 190

Drama

143 130 20 158

7.20 AM **Pie in the Sky**
8.15 **The Bill**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Howards' Way**
3.10 **Lovejoy**
4.20 **Peak Practice**
5.20 **The Brittas Empire**
6.00 **Keeping Up Appearances**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *A Sweeter Lazarus:* A brewery heiress is witness to murder.
10.00 **New Tricks** *Final Curtain:* The inclusion of a letter in a late actor's biography reopens an old case for the team.
11.20 **Cutting It**
12.40 AM **Bad Girls**
2.10 **The Brittas Empire**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 226 60

TUESDAY

Documentaries

Tuesday

RealityXtra
147 197 68 134

9.00 AM **Medical Detectives**
11.00 **Matlock** As 6pm.
12.00 NOON **The Fugitive** (S2)
1.05 PM **Donal MacIntyre: Unsolved** Double bill.
3.00 **Medical Detectives**
5.00 **The Fugitive** *Moon Child:* 22/30. Kimble finds himself in trouble with a vigilante committee when he arrives in a town where a stranger recently committed a crime. (S2)
6.00 **Matlock** *The Vacation – Part Two:* 2/19. Billy Lewis is determined to get revenge on the lawyer, and Leanne suspects one of her friends of murder. (S7)
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Matlock** As 6pm.
2.00 **The Fugitive** As 5pm.
3.00 **Donal MacIntyre: Unsolved** Double bill.
4.55 **to 6.00** AM **Medical Detectives**

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 27/27. (S4)
9.00 **Mutant X** 3/22. (S3)
10.00 **Star Trek: The Next Generation** 6/26. (S5)
11.00 FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
12.50 PM **Legend Lowdown**
1.00 FILM **Solar Attack** Drama. (2005, PG) ★★
2.50 **Legend Lowdown**
3.00 FILM **Guardians of the Tomb** Sci-fi adventure. (2018, 12, 90min) ★
4.50 **Legend Lowdown**
5.00 **Star Trek** 18/24. (S3)
6.00 **Star Trek: The Next Generation** 7/26. (S5)
7.00 **Airwolf** 17/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Thing** Thriller. (1982, 18) ★★★★
11.05 FILM **The Asphyx** Chiller. (1972, 15) ★★
12.50 AM FILM **Fright Fest** Horror. (2018, 15) ★
2.40 **to 4.30** AM FILM **Witch Hunt** (2021, 15) ★

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Dickinson's Real Deal**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Play Your Cards Right**
4.00 **Dickinson's Real Deal**
5.00 **Bullseye** Four editions of the darts-based quiz.
7.00 **Pointless** Quiz hosted by Alexander Armstrong and Richard Osman.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!
159 159 835 160

7.00 AM **Wags**
8.00 **Keeping Up with the Kardashians**
10.00 **The Bradshaw Bunch**
11.00 **Rich Kids of Beverly Hills** Reality series.
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take New York**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** A woman with a scarred stomach. **8.00** Help for a woman who crashed into a chain link fence.
9.00 **Keeping Up with the Kardashians** Kim deals with marriage problems. **10.00** The Kardashians commemorate their years on the show.
11.00 **Rich Kids of Beverly Hills** Reality series.
12.00 M'T **Dr. 90210**
1.00 AM **Wags**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

Sky Documentaries
121 121 819 277 352 367

6.00 AM **Urban Secrets**
7.00 **Discovering: Barbara Stanwyck**
8.00 **The Directors**
9.00 **The Nineties**
10.00 **Escobar by Escobar**
11.00 **The Vow**
12.00 NOON **Hawking: Can You Hear Me?**
1.50 PM **How to Survive a Pandemic**
4.00 **The Directors**
5.00 **Discovering: Barbara Stanwyck**
6.00 **The Nineties**
7.00 **Escobar by Escobar**
8.00 **The Vow**
9.00 **Dublin Narcos** The rise in drug addiction and organised crime in Dublin.
10.00 **Inmate 1: The Rise of Danny Trejo**
12.10 AM **Fatboy Slim: Right Here, Right Now**
2.00 **Wework: How to Lose $30b in Two Weeks**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Barbara Stanwyck**

Sky Nature
124 124 822 278 354 369

6.00 AM **The Wild Wild East**
7.00 **Monkey Life**
8.00 **Wild Tales from the Farm** Documentary.
9.00 **Gangs of Lemur Island**
10.00 **Extreme Africa**
11.00 **The Wadden Sea**
12.00 NOON **New Kids in the Wild** Documentary.
1.00 PM **Monkey Life**
2.00 **Wild Tales from the Farm** Documentary.
3.00 **Gangs of Lemur Island**
4.00 **Extreme Africa**
5.00 **The Wadden Sea**
6.00 **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Predators**
9.00 **Arctic from Above**
10.00 **The Wadden Sea**
11.00 **New Kids in the Wild**
12.00 M'T **Patagonia**
1.00 AM **Tales from Zambia**
2.00 **Predators** As
3.00 **Arctic from Above**
4.00 **Wild Tales from the...**
5.00 **to 6.00** AM **Gangs of Lemur Island**

HGTV
158 286 44 166

7.00 AM **Building Off the...**
8.00 **The Great Interior...**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **Fantasy Homes by...**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Home Town**
2.00 **The Flipper Upper**
3.00 **The Great Interior Design Challenge**
4.00 **My Dream Derelict Home in the Sun**
5.00 **Building Off the Grid**
6.00 **A Place in the Sun**
7.00 **Fantasy Homes by...**
8.00 **Escape to the Country**
9.00 **Holmes Family Rescue** New edition
10.00 **Bargain Block** New edition
11.00 **Home Town**
12.00 M'T **Fantasy Homes...**
1.00 AM **Building Off the...**
2.00 **My Dream Derelict...**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258 290

Food Network
140 285 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Delicious Miss Brown** New editions
9.00 **Jamie's 15 Minute Meals**
9.30 **Jamie's 30 Minute Meals**
10.00 **Chronicles of Nadiya**
11.30 **Follow Donal to Europe**
12.00 NOON **Great British...**
2.00 PM **American Adventure**
3.00 **Jamie's 15 Minute Meals**
3.30 **Jamie's 30 Minute Meals**
4.00 **Delicious Miss Brown**
5.00 **Be My Guest with Ina Garten** New edition
5.30 **The Pioneer Woman** New edition
6.00 **Ainsley's Food We Love**
7.00 **Great British Bake Off**
8.00 **American Adventure**
9.00 **Chronicles of Nadiya**
10.30 **Forever Summer**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Restaurant:...**
2.00 **to 3.00** AM **Highlights**

+1 hour 240 149

DMAX
172 171 39 150

6.00 AM **Salvage Dawgs**
7.00 **Outback Opal Hunters**
8.00 **Alaska: Homestead Rescue** Reality series.
9.00 **The Last Alaskans**
10.00 **Alaska: Last Frontier**
12.00 NOON **Yukon Men**
1.00 PM **Aussie Gold Hunters**
2.00 **Gold Divers**
4.00 **Building Off the Grid**
5.00 **Scrap Kings**
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
8.00 **Alaska: Last Frontier**
9.00 **Gold Divers** Shawn confronts his father for the family operation to disastrous results.
10.00 **Aussie Gold Hunters**
11.00 **Jade Fever**
12.00 M'T **Alaska: Last Frontier** Reality series.
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 272 214 151

5Action
150 150 33 132

9.00 AM **Entertainment News**
9.10 **Caught on Camera**
9.40 **Forged in Fire**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
12.35 PM FILM **Westbound** Western. (1959, U) ★★
2.10 FILM **The Siege at Red River** Western. (1954, PG, 86min) ★★★
4.05 **Forged in Fire**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
10.00 **999: Police Hour of Duty** Documentary.
11.00 **Deadliest Weather: Caught on Camera**
12.00 M'T **Police Interceptors**
2.00 AM **Fights, Camera, Action!** Violent mobs.
3.00 **What Went Wrong: Countdown to Disaster**
3.50 **Red Arrows: Kings of the Sky**
4.35 **to 5.00** AM **Caught on Camera**

Sky Crime
122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **999 Frontline**
10.30 **911 Crisis Centre**
11.00 **The DNA of Murder**
12.00 NOON **Murdered at First Sight** Yingying Zhang.
1.00 PM **Murders That Shocked the Nation**
2.00 **Killer in My Village**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killing Mum and Dad**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Love You to Death** New episode
10.00 **How I Caught the Killer**
11.00 **World's Most Evil Killers**
12.00 M'T **Killing Mum and Dad**
1.00 AM **Killer in My Village**
2.00 **Murders That Shocked...**
3.00 **The Force**
5.00 **to 6.00** AM **Motorway...**

+1 hour 222 164

CBS Reality
146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A man vanishes after starting an affair with a friend's wife. **7.30** A girl is murdered, and a fibre found on her clothes helps track down the killer.
8.00 **48 Hours** A mother fights for the truth behind her son's killing.
9.00 **See No Evil** New edition Examining the murder of Christopher Duncan.
10.00 **Murder By the Sea** New edition The crimes of Peter Moore, a man who turned to murder.
11.00 **Fatal Vows**
12.00 M'T **Injustice with Nancy Grace**
1.00 AM **See No Evil**
2.00 **Murder By the Sea**
3.00 **48 Hours**
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 218 136

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Cyprus.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **The Repair Shop**
10.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** Old cushions.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Helicopter ER**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **The Hotel Inspector** Alex heads to Cornwall to help the owners of Northshore in Bude.
10.00 **Body Parts**
11.00 **Ghost Adventures** Paranormal activity at a Los Angeles mansion.
12.00 M'T **Ghost Loop**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze
164 199 64 162

6.00 AM **Hardcore Pawn**
7.45 **The UnXplained with William Shatner**
8.40 **Ancient Aliens**
10.40 **Storage Wars Canada**
11.10 **Storage Wars**
12.10 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **The UnXplained with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Mountain Men** Tom and Nancy create a masterpiece out of a raw wolf hide.
10.00 **Rust Valley Restorers**
11.00 **Swamp Mysteries with Troy Landry**
12.00 M'T **National Park Mysteries** Double bill.
1.00 AM **Court Cam**
2.00 **Swamp People**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars Canada**
4.10 **to 6.00** AM **Pawn Stars**

+1 hour 81

TLC
133 133 828 167

7.00 AM **Flip or Flop**
8.00 **Good Bones**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Say Yes... Atlanta**
12.00 NOON **Say Yes to the Dress: Lancashire**
1.00 PM **Cake Boss**
2.00 **My 600lb Life**
3.00 **My Lottery Dream Home** Double bill.
4.00 **Seeking Sister Wife**
6.00 **Flip or Flop**
7.00 **Say Yes to the Dress**
8.00 **Home Town**
9.00 **Serving the Hamptons** New edition
10.00 **sMothered**
11.00 **Dr Pimple Popper:**
12.00 M'T **Home Town**
1.00 AM **Serving the Hamptons** Documentary.
2.00 **sMothered**
3.00 **Dr Pimple Popper:**
4.00 **Flip or Flop**
5.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hour 233 172

5SELECT
153 152 56 133

9.00 AM **Eggheads**
9.25 **GPs: Behind Closed Doors** Documentary.
10.30 FILM **Charming But Deadly** (2021, PG) ★★
12.15 PM FILM **Deadly Reunion** Thriller. (2022, PG, 90min) ★★
2.00 **Holiday Homes in the Sun** From Lanzarote.
3.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild** Double bill.
6.00 **Secrets of the Imperial War Museum**
7.00 **Britain's Great Cathedrals with Tony Robinson**
8.00 **Walking Wartime Britain** Documentary.
9.00 **Michael Palin: Into Iraq**
10.00 **Forged in Fire**
11.55 **King Tut's Last Mission**
12.55 AM **Volcano Warrior: Ancient Mysteries**
1.55 **Ben Fogle: New Lives in the Wild**
3.50 **to 4.00** AM **Entertainment News**

Quest
144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Richard Hammond's Workshop**
1.00 PM **The Repair Shop**
2.00 **Love Your Garden**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers**
6.00 **Wheeler Dealers**
7.00 **Aussie Gold Hunters**
8.00 **Salvage Hunters**
9.00 NEW SERIES **Richard Hammond's Workshop**
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Cops UK**
2.00 **Goblin Works Garage**
3.00 **Richard Hammond's Workshop**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 213 70 168

Quest Red
149 170 40 169

6.00 AM **Say Yes to the Dress: Lancashire**
7.00 **Say Yes to the Dress: The Big Day**
8.00 **Say Yes to the Dress**
9.00 **Animal Cops Houston**
11.00 **Forensic Detectives**
1.00 PM **American Detective with Lt Joe Kenda**
2.00 **Disappeared**
3.00 **Murder Comes to Town**
4.00 **Reasonable Doubt**
5.00 **Say Yes to the Dress: Lancashire**
6.00 **Curvy Brides Boutique**
7.00 **Who Do You Think You Are?** Jonnie Peacock.
8.00 **Dr Pimple Popper**
9.00 **Awake Surgery** New edition A woman with a hip condition.
10.00 **1000-lb Best Friends** New edition
11.00 **Forensic Detectives**
1.00 AM **The Perfect Murder**
2.00 **A Crime to Remember**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Alaska: Homestead Rescue**
9.00 **Flying Wild Alaska**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **British Treasure, American Gold** Documentary.
1.00 PM **Gold Rush**
3.00 **Building Off the Grid**
4.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers**
6.00 **British Treasure, American Gold** British automobilia.

10.00 **Gold Rush: The Dirt**

7.00 **Kindig Customs** Every defect with the Mercedes Gul-Wing has finally been addressed, but questions and challenges remain.
8.00 **Dive Wars Australia** Dive crews working off the coast of South Australia, risking life and limb to harvest prized abalone.
9.00 **Gold Rush** New edition Following the gold miners of the Yukon as they put it all on the line in the hope of striking it rich.
10.00 **Gold Rush: The Dirt** Christo grills Fred on sticking with his claim and dives into the Misfits' glacial challenges.
11.00 **Naked and Afraid** In the Bahamas, two superfans face relentless insects and sharks during hurricane season.
12.00 M'T **Expedition Bigfoot**
1.00 AM **Gold Rush** As 9pm.
2.00 **Gold Rush: The Dirt** As 10pm.
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **How Do Animals Do That?** Double bill.
2.00 **Wild Australia**
3.00 **Wild Mexico** The wildlife of the North American country.
4.00 **My Cat from Hell**
5.00 **Animal Cops Philadelphia**
6.00 **Tanked** NFL player Adrian Peterson visits the boys to order a classy aquarium.

8.00 **The Zoo**

7.00 **Pit Bulls & Parolees** A couple are torn between two dogs and cannot decide which one to take home with them.
8.00 **The Zoo** A gorilla must undergo root canal to fix his tooth problem. Plus, a pair of puma cubs travel to their new home.
9.00 **The Zoo** A fennec fox's future hangs in the balance when he is diagnosed with a rare heart condition.
10.00 **Alaska Monsters** The team head to southern Alaska to investigate sightings of a bigfoot-like creature.
11.00 **Cold Blooded Peruvian Predator: Expedition Mungo**
12.00 M'T **South American Squatch of Argentina: Expedition Mungo**
1.00 AM **Alaska Monsters**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 259

Nat Geographic

129 129 825 266

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Hitler's Last Stand**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **Car S.O.S**
1.00 PM **Wicked Tuna**
2.00 **Lost Treasures of Egypt**
3.00 **Lost Tombs of the Pyramids**
4.00 **Flooded Tombs of the Nile**
5.00 **Egypt's Sun King: Secrets and Treasures**
6.00 **Kingdom of the Mummies** Dr Ramadan Hussein and his team discover two priests buried side by side.

10.00 **Drain the Oceans**

7.00 **Air Crash Investigation** A reconstruction of how Singapore Airlines flight 006 crashed at Taiwan's international airport.
8.00 **Air Crash Investigation** Corporate Airlines 5966 crashes mysteriously in Missouri in 2004.
9.00 **Car S.O.S** After three years of tragedy, the loved ones of a widowed father of two have rallied together to cheer him up.
10.00 **Drain the Oceans: Deep Dive** New edition The wild Californian west has many secrets waiting to surface.
11.00 **Air Crash Investigation**
12.00 M'T **Airport Security: Colombia** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **When Sharks Attack**
2.30 **Prairie Dog Dynasty**
2.55 **Secrets of the Zoo: Keeper Tales** Documentary.
3.20 **to 5.00** AM **Food Factory**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Strangest Things**
8.00 **American Pickers**
9.00 **Pawn Stars**
10.00 **Treasures Decoded**
11.00 **Unidentified: Inside America's UFO Investigation**
12.00 NOON **Mountain Men**
1.00 PM **Ultimate Mysteries**
2.00 **Lost Gold of the Aztecs**
3.00 **Salvage Kings**
4.00 **Strangest Things**
5.00 **Pawn Stars** Double bill.
6.00 **American Pickers**

8.00 **Mystery Places**

7.00 **Forged in Fire** The smiths enter the forge to compete in four events that will test their bladesmithing abilities.
8.00 **Mystery Places** New edition The daily life of a garbage collector in Brazil, and a visit to a cave village in China.
9.00 **U-Boat Wargamers** New edition The story of Gilbert Roberts, Jean Laidlaw and the Women's Royal Navy Service – also known as the 'Wrens'.
10.10 **The Proof Is Out There** New edition Whether ISS images signify an imminent alien invasion.
11.10 **Caught on Camera**
12.10 AM **The Curse of Oak Island**
1.10 **Mystery Places** As 8pm.
2.10 **Unidentified: Inside America's UFO Investigation**
3.05 **Strangest Things**
4.00 **Salvage Kings**
5.00 **to 6.00** AM **Lost Gold of the Aztecs**

+1 hour 223 271

Yesterday

155 155 846 129 27 159

6.00 AM **Great British Landmark Fixers** London's sewer system.
7.10 **Shipwreck Secrets**
8.00 **Abandoned Engineering**
9.00 **Narrow Escapes of WWII**
10.00 **The World at War**
11.00 **Secrets of the London Underground** Documentary.
12.00 NOON **Great British Railway Journeys** Four editions.
2.00 PM **Bangers and Cash**
4.00 **War Factories**
5.00 **The World at War**
6.00 **Great British Railway Journeys** Double bill.

8.00 **The Architecture...**

7.00 **Secrets of the London Underground** Tim Dunn and Siddy Holloway explore King's Cross St Pancras. **7 PM**
8.00 **The Architecture the Railways Built** New edition Tim goes beneath the waves to look at the Channel Tunnel. **8 PM**
9.00 **Bangers and Cash** A 1980 Ford Escort, a 1946 Bedford 12 electric car and a 1957 Austin Healey go up for sale. **9 PM**
10.00 **Bangers and Cash** A classic car fan with a love of the Jaguar E-Type reluctantly sends his dream car to auction. **10 PM**
11.00 **Abandoned Engineering** Exploring the Dew Drop Inn in New Orleans and Belgica Fort.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Great British Landmark Fixers** Documentary.
2.00 **to 3.00** AM **Shipwreck Secrets**

+1 hour 255 217 74

Disc. History

177 257

6.00 AM **Combat Dealers**
7.00 **How the Universe...**
8.00 **Mystery at Blind Frog Ranch** Documentary.
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
11.00 **How the Universe...**
12.00 NOON **Shed and Buried**
1.00 PM **Combat Dealers**
2.00 **Lost Temples of the Jungle** Documentary.
3.00 **Greatest Events of World War II**
4.00 **Mysteries at the...**
5.00 **Mystery at Blind Frog...**
6.00 **How the Universe...**
7.00 **Hunt for King Arthur's Castle** Documentary.
8.00 **Combat Dealers**
9.00 **Aircrash Confidential**
10.00 **Expedition X**
11.00 **How the Universe...**
12.00 M'T **Blowing Up History**
1.00 AM **Combat Dealers**
2.00 **Aircrash Confidential**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Highlights**

+1 hour 277 261

Eden

166 245

9.00 AM **Inside the Vets**
10.00 **Wild Edens**
11.00 **David Attenborough's Natural Curiosities**
12.00 NOON **The Blue Planet**
2.00 PM **Inside the Vets**
3.00 **The Life of Mammals**
5.00 **Wild Edens**
6.00 **David Attenborough's Natural Curiosities**
7.00 **The Blue Planet**
8.00 **The Life of Mammals**
9.00 **Wild Edens**
10.00 **David Attenborough's Natural Curiosities**
11.00 **The Blue Planet**
12.00 M'T **The Life of Mammals** Documentary.
1.00 AM **Inside the Vets**
2.00 **Wild Edens**
3.00 **David Attenborough's Natural Curiosities**
3.50 **Inside the Vets**
4.40 **Wild Edens**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Animal Fight Club**
9.00 **Kingdom of the White Wolf** Documentary.
10.00 **Legend of the Giant Squid** Documentary.
11.00 **America's Funniest Home Videos**
12.00 NOON **Snakes in the City** Documentary.
1.00 PM **Yukon Vet**
2.00 **Boss Croc**
3.00 **Tiger's Revenge**
4.00 **America's Funniest Home Videos**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 NEW SERIES **Secrets of the Zoo: Tampa** A new calf joins the rhinos.
9.00 **The Wild Life of Dr Ole**
10.00 **Something Bit Me**
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Animal Fight Club**
2.00 **Boss Croc**
3.00 **Tiger's Revenge**
4.00 **to 5.00** AM **Yukon Vet**

Sky History 2

163 163 840 272

6.00 AM **Ancient Aliens**
7.00 **Alien Files: Unsealed**
8.00 **Treasures Decoded**
9.00 **Great Escapes with Morgan Freeman**
10.00 **Auction Hunters**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Best of Monsterquest**
3.00 **Ancient Discoveries**
4.00 **Auction Hunters**
5.00 **Great Escapes with Morgan Freeman**
6.00 **Alien Files: Unsealed**
7.00 **Ancient Aliens** Extraterrestrials' influence on mankind.
8.00 **Craig Charles: UFO Conspiracies**
9.00 **Mythical Beasts**
10.00 **Haunted History**
11.00 **Ancient Aliens**
1.00 AM **Treasures Decoded**
2.00 **Monsterquest**
3.00 **Alien Files: Unsealed**
4.00 **Ancient Discoveries**
5.00 **to 6.00** AM **Ancient Mysteries**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **My Life in Hitler's Germany** Documentary.
9.40 **Missing in Action**
10.45 **Dunkirk** As 8.40pm.
11.55 **Inside Japan's War**
1.00 PM **Beautiful Serengeti**
1.30 **My Life in Hitler's Germany** Documentary.
2.40 **Missing in Action**
3.45 **Dunkirk**
4.55 **Beautiful Serengeti**
5.25 **Inside Japan's War**
6.30 **My Life in Hitler's Germany** Documentary.
7.35 **Missing in Action**
8.40 **Dunkirk** 2/3. The evacuation of British and French troops gets under way.
9.55 **Inside Japan's War** How Japan secured victory in Malaya and the fall of Singapore.
11.00 **Missing in Action**
12.00 M'T **Dunkirk**
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

156 156 837 198

6.00 AM **The First 48**
8.00 **Cold Case Files**
9.00 **Killer Britain**
10.00 **Meet, Marry, Murder**
11.00 **Murdered By Morning**
12.00 NOON **Buried in the Backyard**
1.00 PM **Fear Thy Neighbour**
2.00 **Imperfect Murder**
3.00 **On the Case**
4.00 **Critical Evidence**
5.00 **Cold Case Files**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **Imperfect Murder**
9.00 **Mastermind of Murder** New edition
10.00 **Murdered By Morning** New edition
11.00 **Homicide Hunter**
12.00 M'T **Snapped**
1.00 AM **Mastermind of...**
2.00 **Murdered By Morning**
3.00 **Criminal Confessions**
4.00 **Imperfect Murder**
5.00 **to 6.00** AM **Murdered By Morning**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

TUESDAY Films

Tuesday

Sky Cinema Premiere

301 301 848 401 501 515

6.30 AM **Bodies Bodies Bodies**
8.10 **Where the Crawdads Sing**
10.20 **Elvis** As shown at 5.20pm.
1.10 PM **Summit Fever** As 2am.
3.10 **Where the Crawdads Sing** Drama starring Daisy Edgar-Jones, David Strathairn and Taylor John Smith. (2022, 15, 123min) ★★★
5.20 **Elvis** Baz Luhrmann's biopic starring Austin Butler, Tom Hanks and Olivia DeJonge. (2022, 12, 159min) ★★★★

5.20 Elvis

8 PM

8.00 **To Leslie** Drama starring Andrea Riseborough, Allison Janney and Stephen Root. After squandering her lottery win, a single mother fights to rebuild her life and find redemption. (2022, 15, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.10 **Bodies Bodies Bodies** Horror comedy starring Amandla Stenberg and Maria Bakalova. A murder-mystery game in a remote mansion leads to a genuine slaughter. (2022, 15, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

12.00 M'T **The Invitation** Horror starring Nathalie Emmanuel. (2022, 15, 105min) ★★★
2.00 AM **Summit Fever** Thriller starring Ryan Phillippe. (2022, 15, 115min) ★★
4.05 **to 6.15** AM **To Leslie** As 8pm.

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

7.00 AM **Marry Me** Comedy. (2022, 12, 112min) ★★★
9.00 **Kimi** As shown at 11.50pm.
10.40 **Dead Reckoning** Thriller. (2020, 15, 91min) ★★
12.15 PM **Dear Elizabeth** Comedy. (2020, 12, 98min) ★★★
2.00 **Meet the Fockers** Comedy. (2004, 12, 115min) ★★
4.00 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★
6.00 **Four Brothers** Thriller. (2005, 15, 109min) ★★★

10.00 Halloween Kills

8.00 **Superbad** Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. With Christopher Mintz-Plasse, Bill Hader and Seth Rogen. (2007, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

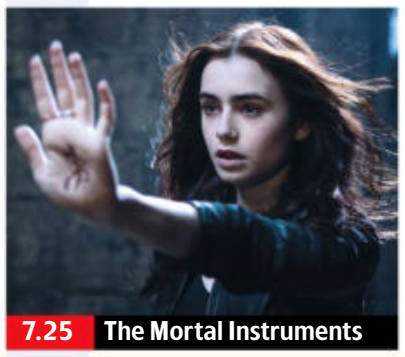
10.00 **Halloween Kills** Horror sequel starring Jamie Lee Curtis. Surviving victims of Michael Myers form a vigilante mob and vow to end his reign of terror after they discover he is still alive. (2021, 18, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Kimi** Crime thriller starring Zoë Kravitz, Devin Ratray, Rita Wilson and Jaime Camil. (2022, 15, 87min) ★★★★
1.30 AM **Four Brothers** As 6pm.
3.30 **Halloween Kills** As 10pm.
5.25 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Family

306 306 850 406 506 520

7.20 AM **Spy Kids** (2001) ★★★★
9.05 **Alvin and the Chipmunks** Comedy. (2007, U) ★★★
10.50 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
12.30 PM **The Amazing Maurice** Animation. (2022, PG) ★★★★
2.20 **Penelope** As 2.45am.
4.00 **Alvin and the Chipmunks: The Squeakquel** Comedy. (2009, U, 84min) ★★
5.35 **The Railway Children Return** Drama. (2022, PG) ★★★


7.25 The Mortal Instruments

7.25 **The Mortal Instruments: City of Bones** Romantic fantasy adventure starring Lily Collins, Jamie Campbell Bower and Robert Sheehan. (2013, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Spy Kids 2: Island of Lost Dreams** Adventure comedy sequel starring Alexa Vega and Daryl Sabara. The junior spies attempt to locate a mysterious island. (2002, U, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Lassie** Family adventure with Peter O'Toole. A spirited collie escapes from her new owner and begins a perilous journey from Scotland to her old home in Yorkshire. (2005, PG, 100min) ★★★★
1.10 AM **Hero Mode** Comedy starring Chris Carpenter. (2021, PG, 88min) ★★
2.45 **Penelope** Fantasy comedy. (2006, U, 87min) ★★★
4.25 **to 6.15** AM **Lassie** (2005)

Sky Cinema Action

307 307 851 407 507 521

6.30 AM **Deadlock** As 1.50am.
8.20 **Die in a Gunfight** Crime comedy. (2021, 15, 92min) ★★
10.10 **Clean** As shown at 12.00m't.
12.00 NOON **I Am Legend** Thriller. (2007, 15, 101min) ★★★★
1.55 PM **RED** Comedy thriller. (2010, 12, 111min) ★★★★
3.55 **RED 2** Action comedy sequel. (2013, 12, 111min) ★★★
6.00 **The Last Witch Hunter** Fantasy starring Vin Diesel. (2015, 12, 104min) ★★★

6.00 The Last Witch Hunter

8.00 **Monster Hunter** Fantasy adventure starring Milla Jovovich. Cpt Artemis and her soldiers are transported to a new world, and engage in a battle for survival against enormous enemies. (2020, 12, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Blade 2** Action horror sequel starring Wesley Snipes. Half-human/half-vampire hybrid Blade battles a new breed of evil blood-suckers who prey on both vampires and humans. With Kris Kristofferson and Ron Perlman. (2002, 18, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Clean** Crime drama. (2021, 15, 94min) ★★
1.50 AM **Deadlock** Action thriller. (2021, 15, 97min) ★
3.30 **Blade 2** As 9.50pm.
5.30 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.35 AM **Ghost Town** (2008)
8.35 **The Brady Bunch Movie** Comedy with Shelley Long. (1995, 12, 89min) ★★★
10.25 **Tommy Boy** As 1.40am.
12.20 PM **The Honeymooners**
2.05 **Groundhog Day** Romantic fantasy comedy. (1993, PG, 103min) ★★★★★
4.00 **Zoolander 2** Comedy sequel. (2016, 12, 102min) ★★★
5.55 **Emma** Romantic drama. (1996, U, 120min) ★★★★

5.55 Emma

8.00 **Friends with Benefits** Romantic comedy starring Justin Timberlake and Mila Kunis. Two commitment-shy New Yorkers decide to have a sexual relationship with no strings attached. With Patricia Clarkson. (2011, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **My Boss's Daughter** Comedy starring Ashton Kutcher and Tara Reid. (2003, 12, 86min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Ghost Town** Romantic fantasy comedy starring Ricky Gervais and Téa Leoni. (2008, 12, 102min) ★★★★
1.40 AM **Tommy Boy** Comedy with Chris Farley and David Spade. (1995, 12, 96min) ★★
3.35 **The Honeymooners** Comedy with Cedric the Entertainer. (2005, PG, 90min) ★★
5.10 **to 6.45** AM **The Dictator** Comedy starring Anna Faris. (2012, 15, 83min) ★★★

Sky Cinema Greats

304 304 849 404 504 518

6.00 AM **Little Women** Drama. (1994, U, 114min) ★★★
8.00 **The Lord of the Rings: The Two Towers** Fantasy adventure. (2002, 12, 179min) ★★★★★
11.00 **To Leslie** Drama starring Andrea Riseborough. (2022, 15, 119min) ★★★★
1.00 PM **Elvis** Biopic drama starring Austin Butler and Tom Hanks. (2022, 12, 159min) ★★★★

primetime

3.40 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★
5.40 **Jerry Maguire** Romantic drama starring Tom Cruise. (1996, 15, 139min) ★★★★
8.00 **The Lord of the Rings: The Return of the King** Fantasy adventure concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga, starring Elijah Wood, Ian McKellen, Viggo Mortensen and Sean Astin. (2003, 12, 201min) ★★★★★
11.20 **King Richard** Biographical drama starring Will Smith. (2021, 12, 144min) ★★★★
1.50 AM **Marathon Man** Thriller. (1976, 18, 126min) ★★★★★
4.00 **to 6.00** AM **Sunset Boulevard** Vintage melodrama. (1950, b/w, PG, 110min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Escape from Planet Earth**
7.40 **Extinct** As shown at 5.40pm.
9.20 **Riverdance: The Animated Adventure** As 7.20pm.
11.05 **Spirit Untamed** Animation. (2021, U, 88min) ★★★
12.50 PM **The Angry Birds Movie** Animation. (2016, U) ★★★
2.30 **Gnomeo & Juliet** Animation with the voice of James McAvoy. (2011, U, 83min) ★★★

4.00 **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 97min) ★★★
5.40 **Extinct** Animated adventure. (2021, U, 84min) ★★★
7.20 **Riverdance: The Animated Adventure** Animation featuring the voice of Pierce Brosnan. (2021, U, 90min) ★★★
8.55 **Escape from Planet Earth** Animated sci-fi comedy. (2013, U, 86min) ★★★
10.25 **The Elfkins** Animated comedy. (2019, PG, 78min) ★★★
11.55 **Watership Down** Animation. (1978, U, 92min) ★★★★
1.35 AM **Rabbit Academy** Animated comedy with the voice of Mary Murray. (2022, U, 76min) ★★★
2.55 **Paws of Fury: The Legend of Hank** As shown at 4.00pm.
4.40 **to 6.00** AM **The Elfkins** (2019)

TCM Movies

315 415

6.00 AM **Hollywood's Best Directors**
8.55 **Off Set** With Michael Caine.
9.25 **The Train Robbers** Western. (1973, U, 92min) ★★
11.20 **Memphis Belle** Wartime drama starring Matthew Modine. (1990, PG, 102min) ★★★
1.30 PM **The Hanging Tree** Western. (1958, PG, 106min) ★★
3.45 **The Helicopter Spies** Spy thriller. (1967, PG, 95min) ★★

5.40 **Across the Wide Missouri** Western starring Clark Gable. (1951, U, 78min) ★★★
7.20 **The Younger Brothers** Western starring Wayne Morris. (1949, U, 77min) ★★
9.00 **Passenger 57** Action thriller starring Wesley Snipes as an anti-terrorist expert who finds himself on board a hijacked plane. (1992, 15, 84min) ★★★
10.45 **Demolition Man** Sci-fi thriller starring Sylvester Stallone. (1993, 15, 114min) ★★★
1.05 AM **Teleshopping**
3.25 **Off Set** Double bill.
4.00 **Close Up** Billy Crystal.
4.30 Profile of Steven Seagal
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **That Brennan Girl** Drama. (1946, b/w, PG, 95min) ★★
7.55 **Hour of Decision** Mystery. (1957, b/w, PG, 79min) ★★
9.30 **Interpol Calling** 25/39. (S1)
10.00 **Mother Wore Tights** Musical. (1947, U, 107min) ★★★
12.10 PM **Biscuit Time** Documentary.
12.25 **Every Day's a Holiday** Musical comedy. (1964, U, 94min) ★
2.15 **Treasure Hunt** (1952, U) ★★

3.50 **Gold Is Where You Find It** Comedy. (1968, U, 30min) ★★
4.20 **The Trollenberg Terror** Sci-fi horror. (1958, b/w, PG) ★
6.00 **Scotland Yard**
6.35 **A Day of One's Own 1956**
6.55 **Confession** Crime thriller. (1955, b/w, PG, 90min) ★★
8.45 **Look at Life** Documentary.
9.00 **Maigret** 3/4. (S1)
10.50 **Cellar Club with Caroline Munro**
10.55 **The Haunted Palace** Horror. (1963, 18, 85min) ★★★
12.40 AM **Cellar Club with Caroline...**
12.45 **Dark Tower** (1989, 18) ★★
2.35 **Cellar Club with Caroline Munro**
2.40 **Times Square** (1980, 15) ★★
4.55 **Cellar Club with Caroline Munro**
5.00 **Double Whoopee** Comedy. (1929, b/w, U, 19min) ★★
5.25 **to 6.00** AM **Mrs G Goes to College**

HorrorXtra

317 192 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Crystal Skulls** Adventure. (2014, PG, 88min) ★★
6.50 **This Is HorrorXtra**
7.00 **First Wave** *Underworld:* 20/22. Foster goes undercover as a Mafia hit-man. (S2)
8.00 **Knight Rider** *Knightmares:* 11/24. A bout of amnesia causes Michael to regress to his previous identity. (S2)
9.00 **Matriarch** Horror with Charlie Blackwood. A stranded couple make a terrifying discovery. (2018, 15, 91min) ★★
10.50 **Mara** Horror thriller starring Olga Kurylenko and Javier Botet. (2018, 18, 98min) ★★
12.50 AM **This Is HorrorXtra**
1.00 **First Wave** As 7.00pm.
2.00 **to 3.00** AM **Knight Rider**

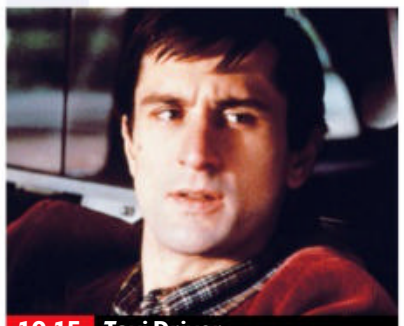
+1 hour 318 219 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 853 409 509 523

6.15 AM **Shark Bait** Thriller. (2022, 15, 87min) ★★
7.55 **The Good Neighbour** (2022)
9.55 **Frailty** As shown at 2.30am.
11.50 **Old** Horror. (2021, 15) ★★
1.40 PM **The Outfit** Crime drama. (2022, 15, 105min) ★★★
3.30 **The Manchurian Candidate** Thriller starring Denzel Washington and Meryl Streep. (2004, 15, 130min) ★★★★
5.40 **Stillwater** Crime thriller. (2021, 15, 139min) ★★★


10.15 Taxi Driver

8.00 **The Fifth Estate** Fact-based thriller about the activities of whistleblower site WikiLeaks and its controversial founder Julian Assange, starring Benedict Cumberbatch and Daniel Brühl. (2013, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Taxi Driver** Martin Scorsese's disturbing drama starring Robert De Niro as a crazed New York taxi driver obsessed with saving a child prostitute. With Jodie Foster. (1976, 18, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Sin City** Film noir thriller. (2005, 18, 124min) ★★★★
2.30 **Frailty** Horror with Bill Paxton. (2001, 15, 100min) ★★★
4.20 **to 6.10** AM **The Good Neighbour** Crime thriller. (2022, 15, 97min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **Control** Biopic. (2007, b/w, 15, 116min) ★★★★★
8.55 **Good Will Hunting** Oscar-winning drama. (1997, 15, 126min) ★★★★
11.05 **The Kite Runner** Drama. (2007, 12, 122min) ★★★★
1.15 PM **The Survivor** Drama. (2021, 15, 129min) ★★★★
3.30 **Cast Away** Adventure drama. (2000, 12, 143min) ★★★★
6.00 **Safe Haven** Romantic thriller. (2013, 12, 113min) ★★★

6.00 Safe Haven

8.00 **Forces of Nature** Romantic comedy with Sandra Bullock, Ben Affleck and Steve Zahn. A mismatched couple encounter a series of mishaps as they travel across America. (1999, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Chicago** Oscar-winning screen version of the musical starring Renée Zellweger and Catherine Zeta-Jones. (2002, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **North Hollywood** Comedy drama starring Ryder McLaughlin, Vince Vaughn and Miranda Cosgrove. (2021, 15, 93min) ★★★
1.35 AM **12 Mighty Orphans** Sports drama starring Luke Wilson and Vinessa Shaw. (2021, 12, 118min) ★★
3.40 **to 6.00** AM **A Journal for Jordan** Drama with Michael B Jordan and Chanté Adams. (2021, 12, 131min) ★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.05 AM **Anon** Sci-fi thriller. (2018, 15, 100min) ★★★
8.00 **The Faculty** Sci-fi horror. (1998, 15, 102min) ★★★
10.00 **Paycheck** Sci-fi thriller. (2003, 12, 119min) ★★★
12.05 PM **Elysium** Action thriller. (2013, 15, 107min) ★★★★
2.05 **Antlers** As 4.55am.
4.00 **The Haunting** Horror remake. (1999, 12, 109min) ★
6.00 **Midnight Special** Adventure. (2015, 12, 109min) ★★★★

6.00 Midnight Special

8.00 **The Conjuring** Horror chiller starring Vera Farmiga and Patrick Wilson. In 1971, a pair of paranormal investigators strive to exorcise a haunted house in rural Rhode Island. (2013, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Prince of Darkness** John Carpenter's horror starring Donald Pleasence, Lisa Blount and Jameson Parker. (1987, 18, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Pet Sematary** Supernatural thriller with Dale Midkiff, Fred Gwynne and Denise Crosby. (1989, 18, 103min) ★★
1.25 AM **Malignant** Sci-fi horror starring Annabelle Wallis (2021, 18, 111min) ★★★★
3.20 **Evil Dead** Horror remake starring Shiloh Fernandez. (2013, 18, 89min) ★★★
4.55 **to 6.40** AM **Antlers** Horror starring Keri Russell. (2021, 15, 99min) ★★★

Sky Cinema Best of 80s

302 302 856 402 502 516

6.30 AM **National Lampoon's Christmas Vacation** (1989)
8.15 **Beverly Hills Cop** Comedy. (1984, 15, 105min) ★★★★★
10.05 **Beverly Hills Cop II** Comedy. (1987, 15, 99min) ★★★
12.05 PM **Top Gun** Action drama. (1986, 12, 110min) ★★★
2.10 **Shirley Valentine** (1989)
4.15 **Summer Rental** Comedy. (1985, PG, 88min) ★★
6.00 **Ferris Bueller's Day Off** Comedy. (1986, 12) ★★★★

9.45 Fatal Attraction

8.00 **Stand by Me** Nostalgic drama, set in the 1950s, about four boys on a trek to find a dead body, starring Wil Wheaton, River Phoenix, Corey Feldman and Kiefer Sutherland. (1986, 15, 89min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

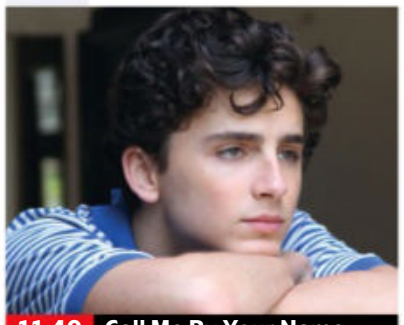
9.45 **Fatal Attraction** Thriller starring Michael Douglas, Glenn Close and Anne Archer. A married man's one-night stand won't leave him alone. (1987, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Shirley Valentine** Romantic comedy with Pauline Collins. (1989, 15, 108min) ★★★★
1.50 AM **Young Sherlock Holmes** Fantasy with Nicholas Rowe. (1985, PG, 109min) ★★★
3.45 **National Lampoon's Christmas Vacation** Comedy. (1989, PG, 103min) ★
5.30 **to 6.30** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **At Gunpoint** Western. (1955, PG, 81min) ★★★
12.40 PM **Santa Fe Passage** Western. (1955, U) ★★★
2.30 **Apache Uprising** Western. (1966, PG, 90min) ★★
4.20 **Picnic** Melodrama. (1955, U, 113min) ★★★
6.45 **G.I. Joe: The Rise of Cobra** Adventure with Dennis Quaid and Christopher Eccleston. (2009, 12, 113min) ★★★


11.40 Call Me By Your Name

G.I. Joe: The Rise of Cobra (film started at 6.45pm) — 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Equalizer** Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csokas. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★ — 9 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Call Me By Your Name** Romantic drama with Armie Hammer, Timothée Chalamet and Michael Stuhlbarg. A 17-year-old begins a relationship with his father's research assistant in Italy. (2017, 15, 136min) ★★★★★ — 10 PM
2.20 **to 4.00** AM **Menashe** Drama with Menashe Lustig. Subtitled. (2017, U, 82min) ★★★

+1 hour 314 430 47 301

GREAT! movies romance

319 424 52 303

6.00 AM **Autumn Dreams** Comedy. (2015, PG, 90min) ★★
8.00 **Just the Way You Are** Comedy. (2015, PG, 90min) ★★
10.00 **A Love to Remember** Drama. (2021, PG, 90min) ★★
12.00 NOON **Love Struck Cafe** Drama. (2017, PG, 84min) ★★
2.00 PM **Dater's Handbook** Comedy starring Meghan Markle. (2016, U, 83min) ★★
4.00 **A Summer to Remember** Comedy starring Catherine Bell. (2018, PG, 90min) ★★
6.00 **In the Key of Love** Romantic drama starring Laura Osnes. (2019, PG, 90min) ★★
8.00 **One Winter Proposal** Romantic comedy with Taylor Cole. (2019, PG, 84min) ★★★
10.00 **Love at Sunset Terrace** Drama starring Carlo Marks. (2020, PG, 110min) ★★
11.50 **Ms. Matched** Romantic comedy. (2016, PG, 90min) ★★
1.30 AM **Love Map** Comedy. (2022, PG, 90min) ★★
3.00 **I Married Who?** Comedy. (2012, PG, 86min) ★★
4.30 **to 6.00** AM **Love on Ice** Drama (2017, PG, 84min) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Lethal Beauty** Thriller. (2018, 12, 90min) ★★
11.00 **Killer Student** Crime thriller. (2017, 12, 90min) ★★
1.00 PM **Kidnapped: 48 Hours of Terror** Thriller. (2010, 15) ★★
3.00 **Mommy Be Mine** Thriller. (2018, 12, 90min) ★★
5.00 **Lost Letter Mysteries: Higher Ground** Drama starring Eric Mabius. (2017, PG, 84min) ★★
7.00 **Guilty Until Proven Innocent: Garage Sale Mystery V** Crime drama starring Lori Loughlin. Amateur sleuth Jennifer investigates when an old college friend becomes the prime suspect in a murder inquiry. (2016, PG, 90min) ★★
9.00 **To End All Wars** War drama with Robert Carlyle and Kiefer Sutherland. Allied prisoners of war build the infamous Death Railway in Burma. (2002, 15, 112min) ★★★★
11.25 **First Kill** Thriller starring Bruce Willis. (2017, 15, 97min) ★★
1.30 AM **Into the Ashes** Thriller. (2018, 15, 98min) ★★★
3.25 **to 6.00** AM **What's Eating Gilbert Grape** (1993, 15) ★★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **M*A*S*H** 20&21/22. (S10)
7.00 **Midnight in Saint Petersburg** Thriller. (1995, 15, 85min) ★★
8.45 **Super Collider** Sci-fi thriller. (2013, 15, 84min) ★★
10.35 **Bombers of the Second World War** Documentary.
11.30 **Wild West Chronicles**
12.00 NOON **M*A*S*H** (S10)
1.00 PM **Battle of the Coral Sea** Drama. (1959, b/w, PG) ★★
2.50 **Women of Valor** War drama. (1986, 15, 100min) ★★★
4.45 **3.10 to Yuma** Western. (1957, b/w, PG, 80min) ★★★★
6.35 **Wild West Chronicles**
7.05 **Collision Course** Action thriller starring Tia Carrere, David Chokachi and Dee Wallace. (2012, PG, 90min) ★★
9.00 **Surrogates** Sci-fi thriller starring Bruce Willis, Radha Mitchell, Rosamund Pike, James Cromwell and Ving Rhames. (2009, 12, 88min) ★★★★
10.50 **Johnny Mnemonic** Futuristic thriller starring Keanu Reeves. (1995, 15, 98min) ★★
12.45 AM **Callan** Espionage thriller. (1974, 15, 106min) ★★★
2.55 **to 4.00** AM **The Blitz on Berlin**

+1 hour 324

Movies 24

325 419

7.00 AM **Coffee Shop** Comedy. (2014, PG, 90min) ★★
9.00 **Love at Sunset Terrace** Drama. (2020, PG, 90min) ★★
11.00 **Calling for Love** Comedy. (2020, PG, 90min) ★★
1.00 PM **Game, Set, Love** Comedy. (2022, PG, 84min) ★★
3.00 **Love's Second Chance** Drama starring Gabrielle Christian. (2020, PG, 90min) ★★
5.00 **Inspiring Love** Romantic drama. (2023, PG, 85min) ★★
7.00 **Groundswell** Romantic comedy starring Lacey Chabert and Ektor Rivera. A surf instructor helps a chef to get her life on track after a series of setbacks. (2022, PG, 84min) ★★
9.00 **Blueprint to the Heart** Drama starring Laura Mitchell. An interior designer trying to rescue her home renovation show falls for her carpenter. (2020, PG, 90min) ★★
11.00 **Save the Wedding** Romantic drama starring Kasey Landoll. (2021, PG, 86min) ★★
1.00 AM **Save the Wedding** (2021)
3.00 **to 5.00** AM **Fairfield Road** Drama. (2010, PG) ★★★

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

9.00 PM **RED** *Sky Showcase* Action comedy thriller starring Bruce Willis, Morgan Freeman, John Malkovich and Helen Mirren. A retired CIA agent sets out to re-assemble his former team to find out why he is being targeted for assassination. With Mary-Louise Parker. ★★★★
9.00 **Speed** *ITV4* Action thriller starring Keanu Reeves, Dennis Hopper and Sandra Bullock. An LA cop tries to save the passengers on a bus that's wired to explode if it slows under 50mph. ★★★★★
9.00 **The A-Team** *Comedy Central* Action thriller based on the 1980s TV series, starring Liam Neeson, Bradley Cooper and Jessica Biel. ★★
9.00 **The Lost Future** *Sky Sci-Fi* Sci-fi adventure starring Sean Bean and Corey Sevier. ★★
10.40 **Sully** *BBC1 (Wales: 11.45pm)* Clint Eastwood's fact-based drama starring Tom Hanks and Aaron Eckhart. ★★★★
11.00 **Planet Dune** *Sky Sci-Fi* Sci-fi adventure starring Sean Young and Emily Killian. ★★

TUESDAY Sport

14 March

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **International T20 Cricket Bangladesh v England.** Coverage of the third T20 in the three-match series, which takes place at Sher-e-Bangla National Cricket Stadium in Mirpur.
1.00 PM **Sky Sports News**
2.00 LIVE **WPL Mumbai Indians v Gujarat Giants.** Coverage of the match, which takes place at Brabourne Stadium in Mumbai.
6.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment.
7.00 **Gillette Labs Soccer Special** Stay up to speed with the evening's football up and down the country.
7.30 LIVE **EFL Middlesbrough v Stoke City.** Coverage of the Championship match at Riverside Stadium. Kick-off **8.00pm**.
10.30 **Back Pages Tonight** A look at the sports headlines in tomorrow's newspapers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **PL Legends: Paolo Di Canio**
7.30 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** A look back at the 2018/19 season.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 13/14** Great strikes from the 2013/14 season.
5.00 **Premier League 100 Club**
6.00 **Premier League Review** A look back at the weekend's action.
7.00 **Gillette Labs Soccer Special**
10.15 **Premier League Review** A look back at the weekend's action.
11.15 **Gary Neville's Soccerbox** With guest Paul Scholes.
11.45 **PL Greatest Games** Action from Oldham Athletic v Southampton from 1993.
12.00 M'T **Premier League Icons**
1.00 AM **Premier League Years** Moments from seasons past.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **Championship Retro**
8.30 **EFL Greatest Games**
10.00 **Championship Retro** Action from Watford v Leicester City.
12.00 NOON **Soccer AM: The Best Bits** Saturday's highlights.
12.30 PM **EFL Highlights**
1.00 **Bundesliga Highlights Show**
2.00 **WSL** Arsenal v Reading.
2.30 **EFL Highlights**
3.00 **EFL Goals: Leagues 1 & 2**
3.30 **Soccer AM: The Best Bits**
4.00 **EFL Highlights**
5.00 **Bundesliga Highlights Show**
6.00 **EFL Highlights**
6.30 **WSL** Arsenal v Reading.
7.00 **EFL Highlights** Action from Stoke City v Blackburn Rovers. **7.15** Highlights from Swansea City v Middlesbrough.
7.30 LIVE **EFL Middlesbrough v Stoke City.** Coverage of the Championship match at Riverside Stadium. Kick-off **8.00pm**.
10.30 **Soccer AM: The Best Bits**
11.00 **WSL** Arsenal v Reading.
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Highlights**
1.00 AM **EFL Cup Retro**
3.45 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Talking Cricket**
6.30 **International T20 Cricket**
8.30 LIVE **International T20 Cricket Bangladesh v England.** Coverage of the third T20 in the three-match series, at Sher-e-Bangla National Cricket Stadium in Mirpur.
1.00 PM **Women's World T20 Classics** Action from England v Australia in the 2012 final.
1.20 **Talking Cricket**
1.50 LIVE **WPL Mumbai Indians v Gujarat Giants.** Coverage from Brabourne Stadium in Mumbai.
6.00 **Talking Cricket: Windrush**
6.30 **Talking Cricket: Sachin Tendulkar**
7.00 **International T20 Cricket** Bangladesh v England.
8.00 **WPL** Action from Mumbai Indians v Gujarat Giants.
9.00 **International T20 Cricket** The third T20 match between Bangladesh and England.
10.00 **WPL** Action from Mumbai Indians v Gujarat Giants.
11.00 **International T20 Cricket**
4.30 AM **WPL** Action from Mumbai Indians v Gujarat Giants.
5.30 **to 6.00** AM **Talking Cricket**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Playing Lessons**
7.00 **School of Golf**
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **Best of the Shot Centre**
9.30 **Best of the Sky Zone**
10.00 **Playing Lessons**
11.00 **The Players Championship**
12.00 NOON **School of Golf**
1.00 PM **Playing Lessons**
2.00 **Nick Dougherty's Tee Time Tips**
3.00 **Best of the Shot Centre**
3.30 **Best of the Sky Zone**
4.00 **Playing Lessons**
5.00 **Nick Dougherty's Tee Time Tips**
6.00 **The Players Championship** Day four at TPC Sawgrass.
7.00 **Golf's Greatest Holes**
7.30 **Roots: Paul Lawry**
8.00 **How the 2006 Ryder Cup Was Won** The best moments.
10.00 **Golf's Greatest Holes**
10.30 **Roots: Paul Lawry**
11.00 **Hero Cup – Behind The Scenes** A look at the Hero Cup.
12.00 M'T **DP World Tour Golf**
1.00 AM **The Players Championship**
2.00 **Nick Dougherty's Tee Time Tips**
3.00 **Best of the Shot Centre**
3.30 **Best of the Sky Zone**
4.00 **Playing Lessons**
5.00 **to 6.00** AM **School of Golf**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **ESPN FC** Football news.
6.30 **UEFA Europa League Goals**
6.45 **BT Sport Goals Reload**
7.00 **WWE NXT UK Classics**
8.00 **Premier League Review**
9.00 **UEFA Champions League**
9.30 **UEFA Europa League & Conference League Magazine**
10.30 **ESPN FC** Football news.
11.00 **Premiership Rugby Highlights**
12.30 PM **Hockey** India v Germany.
1.30 LIVE **Hockey Germany v Australia.** Push-back **1.40pm**.
3.30 **Deaf Away Days**
3.45 **Premier League: Big Interview**
4.15 **Premier League Review**
5.15 **BT Sport Films**
6.30 **ESPN FC** Football news.
7.00 LIVE **UEFA Champions League Manchester City v RB Leipzig.** Coverage of the last-16 second-leg encounter at Etihad Stadium. Kick-off **8.00pm**.
10.45 **The Football's On**
11.45 **UEFA Europa League Goals**
12.00 M'T LIVE **WWE NXT** Wrestling.
2.15 AM **BT Sport Goals Reload**
3.00 **European Rally Championship**
3.30 **The WRC Magazine**
4.00 **Premier League Legends**
5.00 **to 6.00** AM **Backstory**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **Ligue 1** Seven editions.
1.00 PM **Test Cricket Highlights** Action from India v Australia. **2.00** The first Test between New Zealand and Sri Lanka.
3.00 **Primeira Liga** Action from Sporting CP v Boavista.
4.00 **The WRC Magazine**
4.30 **European Rally Championship Highlights** Action from Portugal.
5.00 **Gallagher Premiership Rugby Highlights** Recent action.
6.30 **Ligue 1 Highlights**
7.30 LIVE **UEFA Champions League FC Porto v Inter Milan.** Coverage of the last-16 second-leg match at Estadio do Dragao. Kick-off **8.00pm**.
10.45 **Premier League Reload** A whirlwind catch-up from the weekend's top-flight matches.
11.00 **Premier League Stories** The story of Leicester City's Premier League triumph.
11.30 **UFC** The tale of Leon Edwards.
12.00 M'T **UEFA Champions League** Manchester City v RB Leipzig.
2.00 AM **Test Cricket Highlights**
4.00 **Ligue 1 Highlights**
5.00 **to 6.00** AM **Fishing: On the Bank**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **Serie A** Action from AC Milan v Salernitana.
7.00 **ESPN FC** Football news.
7.30 **Gallagher Premiership Rugby Highlights** Action from the 20th round of fixtures.
9.00 **The WRC Magazine**
9.30 **BT Sport Goals Reload**
9.45 **Badminton Unlimited**
10.00 LIVE **Badminton** Coverage of the last-64 of the Yonex All England, a BWF Super 1000 event at Utilita Arena, Birmingham.
8.30 PM **Badminton Unlimited** A look at the latest news from the world of badminton.
8.45 **Hockey** Action from Germany v Australia in the Men's FIH Hockey Pro League.
9.45 **Deaf Away Days** Marios and Memnos Costi visit some of the biggest sporting events in the UK.
10.00 **UFC** The story of Leon Edwards.
10.30 LIVE **NCAA Basketball Tournament** A First Four match in the NCAA tournament.
1.00 AM LIVE **NCAA Basketball Tournament** A First Four match in the NCAA tournament.
3.30 **The Deal**
4.00 **to 6.00** AM **MotoGP Classics**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **The Rugby Championship**
7.30 **My Icon** Nigel Owens.
7.45 **International Rugby Union** Highlights of Australia v England in the third Test from July 2022.
8.45 **British Basketball** Another chance to see Manchester Giants v London Lions in the BBL.
11.00 **Good Morning Football**
2.00 PM **NFL Highlights** Jacksonville Jaguars v Los Angeles Chargers.
3.00 **NBA Basketball** Boston Celtics v Brooklyn Nets in game one of the 2021/22 NBA first round play-off.
3.30 **British Basketball** Manchester Giants v London Lions.
5.45 **Super Bowl LVII Highlights** Action from Philadelphia Eagles v Kansas City Chiefs.
6.00 **NBC's Pro-Football Talk**
8.00 **49 Hours** Four editions.
9.00 **Top Rank Boxing Archive**
11.00 **Total Access**
12.00 M'T **Top Rank Boxing Archive** A replay of Floyd Mayweather v Diego Corrales from 2001.
1.00 AM **Premier League Darts**
4.30 **Betfred Super League Highlights** Top-flight action.
5.00 **to 6.00** AM **Super League's Supermen**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **PL Legends: Paolo Di Canio**
7.30 **My Icon** Double bill.
8.00 **The Players Championship**
9.00 **Test Cricket** Action from South Africa v West Indies.
10.00 **Netball Superleague** Team Bath v Surrey Storm.
12.00 NOON **NBA Basketball** Another chance to see Philadelphia 76ers v Washington Wizards.
2.00 PM **Premier League Darts**
5.30 **Test Cricket** Action from South Africa v West Indies.
6.30 **Formula 1** Highlights of the Bahrain Grand Prix, the first round of the season at Bahrain International Circuit in Sakhir.
7.30 **The Players Championship** The fourth day at TPC Sawgrass.
8.30 **Show Jumping**
9.30 **Formula 1** Highlights of the Bahrain Grand Prix in Sakhir.
10.30 **NBA on Fire**
11.00 **NBA Basketball** Another chance to see Golden State Warriors v Milwaukee Bucks.
1.00 AM **NBA Basketball**
3.00 **The Players Championship**
4.00 **Test Cricket**
5.00 **to 6.00** AM **Formula 1**

BT Sport 4

423 423 876 | 530 | 411 434

6.00 AM **ESPN SportsCenter**
6.15 **Around the Horn**
6.45 **Pardon the Interruption**
7.15 **Isuzu UTE A-League**
1.15 PM **Serie A** Action from AC Milan v Salernitana.
2.15 **Ligue 1 Highlights**
3.15 **UEFA Champions League Magazine** News and action.
3.45 **ESPN SportsCenter**
4.00 **Around the Horn**
4.30 **Pardon the Interruption**
5.00 **Test Cricket Highlights** Action from India v Australia **7.00** The first Test between New Zealand and Sri Lanka.
9.00 **WWE Monday Night Raw**
11.30 **European Rally Championship Highlights**
12.00 M'T **The WRC Magazine**
12.30 AM **PSA Squash Highlights**
1.30 **SEC Storied**
2.30 **MLB** From the 2022 season.
5.30 **to 6.00** AM **The WRC Magazine**

Eurosport 1

410 410 868 | 521 | 412 435

7.00 AM **Alpine Skiing**
9.00 **Cycling: Strade Bianche**
10.00 **Snooker: German Masters**
12.00 NOON **Cycling: Tour of Taiwan**
12.30 PM **Cycling: Gent-Wevelgem**
12.50 LIVE **Cross-Country Skiing** Coverage of the World Cup meeting from Drammen in Norway, featuring the men's and women's sprint classics.
2.50 LIVE **Ski Jumping** The opening day of the men's HS140 Raw Air from Lillehammer in Norway.
4.55 **Ski Jumping** In Lillehammer.
6.00 **The Judo Show**
7.00 **Cycling: Tour of Taiwan**
7.30 **Show Jumping**
8.35 **Rally Raid**
9.30 **Powerboat Racing World Championship**
11.00 **FIA World Endurance C'ship**
12.00 M'T **Cycling: Strade Bianche**
2.00 AM **Cross-Country Skiing**
3.00 **Ski Jumping**
5.00 **to 7.00** AM **Masters Snooker**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Ski Jumping**
7.00 **Triathlon: Super League Arena Games** Round two in Switzerland.
8.00 **FIA World Endurance C'ship**
10.00 **Cycling: Omloop Het Nieuwsblad**
12.00 NOON **World Superbikes**
1.00 PM **Snooker: Six-Red World Championship** In Bangkok.
3.00 **Formula E** Double bill.
5.00 **Motocross World Championship**
7.00 **Ski Jumping** From Lillehammer.
8.00 **Cycling: Tour of Taiwan**
8.30 **Olympic Games: World at Their Feet**
9.00 **Triathlon** From Switzerland.
10.00 **Snooker: Shoot-Out** The final day from Leicester.
12.00 M'T **Ski Jumping**
1.00 AM **Cross-Country Skiing**
2.00 **Cycling: Omloop Het Nieuwsblad**
4.00 **Bennetts British Superbikes**
5.00 **to 6.00** AM **Cross-Country Skiing**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Fight Night International**
8.00 **NBA Basketball** Golden State Warriors v Milwaukee Bucks. **10.00** A replay of Philadelphia 76ers v Washington Wizards.
12.00 NOON **Netball Superleague**
2.00 PM **Betfred Super League Highlights** Top-flight action.
3.00 **Premier League Darts**
6.30 **NBA Basketball**
7.00 **NBA on Fire** The latest news.
7.30 **My Icon** Chris Hughton.
7.40 LIVE **EFL Wigan Athletic v Coventry City.** Coverage of the Championship match at DW Stadium. Kick-off **7.45pm**.
9.45 **Great Britain's First Black Captain** Clive Sullivan profile.
10.00 **Betfred Super League Highlights** Top-flight action.
12.00 M'T **Fight Night International**
1.00 AM **NBA Basketball**
3.00 **NBA on Fire** The latest news.
3.30 **Netball Superleague**
5.30 **to 6.00** AM **NBA on Fire**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** A chance to see the 2021 Saudi Arabian Grand Prix.
1.15 PM **F1 Feature**
1.30 **Formula 1** A chance to see the 2022 Saudi Arabian Grand Prix.
3.30 **F1 Feature**
4.00 **Formula 1** A chance to see the Bahrain Grand Prix in Sakhir.
6.15 **F1 Feature**
6.30 **Formula 1** A chance to see the 2021 Saudi Arabian Grand Prix, the 21st round of the season at the Jeddah Corniche Circuit.
8.45 **F1 Feature**
9.00 **Formula 1** A chance to see the 2022 Saudi Arabian Grand Prix from Jeddah Corniche Circuit.
11.00 **F1 Feature**
11.30 **Formula 1** Highlights of the Bahrain Grand Prix, which took place at Bahrain International Circuit in Sakhir.
12.30 AM **The Notebook**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

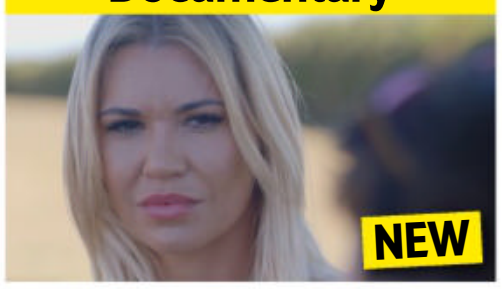
Wednesday 15 March Evening Planner

Football

Champions League
BT Sport 1, kick-off 8pm

Following their 5-2 defeat in the last-16 first leg, Liverpool have a formidable fight against Real Madrid at the Bernabéu.

Documentary



Christine McGuinness: Unmasking My Autism
BBC1, 9pm

Christine McGuinness investigates why autism in women is widely ignored.

Crime Drama

The Bay
ITV1, 9pm

Jenn (Marsha Thomason) and the team discover hidden cracks in the Metcalfs' family life, as the drama continues.

OnDemand

tv+

Ted Lasso
Available today

The award-winning comedy starring Jason Sudeikis returns, with AFC Richmond facing a tough season in the Premier League.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Christine McGuinness: Unmasking My...		10.00 News; Local News	10.40 Jerk
102 BBC2	7.00 Saving Lives at Sea		8.00 Great British Menu		9.00 Saving Lives in Leeds		10.00 Live at the...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Bay		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It...		9.00 The Piano: The Final			10.15 Gogglebox: 10 Year...
105 CHANNEL 5	7.00 The Gadget Show: Shop Smart, Save...		8.00 Secret Life of the Forest		9.00 Tyrant: The Rise of Adolf Hitler		10.00 Casualty 24/7: Every Second Counts	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 SEAL Team		10.00 A League of Their Own Road Trip...	
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Bend It Like Bollywood		10.00 The Wedding Fixer	
116 BBC4	7.00 Great British...	7.30 The Yorkshire...	8.00 Chris Packham's Animal Einsteins		9.00 Six Wives with Lucy Worsley		10.00 The Six Wives of Henry VIII	
118 ITV2	7.00 The Masked Singer US		8.00 Superstore		9.00 Loaded in Paradise		10.00 Family Guy	
136 MORE4	◂ 6.55 Escape to the Chateau: DIY	7.55 Grand Designs			9.00 999: On the Front Line			10.15 The Piano: The Concert
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Fred's Last Resort		10.00 Celebrity SAS: Who Dares Wins USA	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 9-1-1: Lone Star		9.00 The Rookie: Feds		10.00 9-1-1	
108 SKY ATLANTIC	◂ 6.50 Yellowjackets	7.55 Game of Thrones			9.00 Django			
110 GOLD	◂ 6.40 Dad's Army		8.00 The Good Life				10.00 The Young Ones	
111 DAVE	7.00 House of Games	7.40 Room 101		8.20 Would I Lie to You?	9.00 QI XL		10.00 World's Most Dangerous Roads	
119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Grantchester	
120 ITV4	◂ 6.55 The Chase Celebrity Special		8.00 Film: Live and Let Die					10.30 English Football...
112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Hello Wembley!		10.00 Jimmy Carr: Making People Laugh	
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Star Trek: Voyager		9.00 Blood & Treasure		10.00 Film: Triassic Hunt	
113 SKY MAX	7.00 Stargate SG-1		8.00 S.W.A.T.		9.00 SEAL Team		10.00 A League of Their Own Road Trip...	
132 ALIBI	7.00 Person of Interest		8.00 Death in Paradise		9.00 CSI: Vegas		10.00 Clarice	
130 SKY ARTS	7.00 Portrait Artist of the Year 2017		8.00 Best of Portrait Artist of the Year 2022		9.00 Blitzed: The 80s Blitz Kids' Story			
DOCUMENTARY								
125 DISCOVERY	7.00 Kindig Customs		8.00 Dive Wars Australia		9.00 Gold Divers			
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 How Sharks Hunt		9.00 Sharktacular 2016		10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Alaska: The Next Generation		9.00 Trafficked with Mariana Van Zeller		10.00 Lost Treasures of Arabia	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of the Lost Ark		9.00 The Curse of Oak Island		10.00 World's Greatest Treasure Mysteries	
155 YESTERDAY	7.00 Secrets of the London Underground		8.00 Bangers and Cash		9.00 Joanna Lumley's Japan		10.00 Bangers and Cash	
121 SKY DOCS	7.00 Escobar by Escobar		8.00 The Vow		9.00 Film: Man on Wire			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.50 To Leslie		8.00 Where the Crawdads Sing					10.20 Bodies Bodies Bodies
303 HITS	◂ 6.15 Ghost Rider: Spirit of Vengeance		8.00 True Grit				10.00 Hero	
304 OSCARS	◂ 6.45 Erin Brockovich				9.00 American Beauty			
305 ANIMATION	7.05 Even Mice Belong in Heaven			8.40 Astro Kid				10.15 Rabbit Academy
306 FAMILY	◂ 5.40 A Monster Calls	7.40 The Spy Next Door			9.20 Spy Kids 3: Game Over			
307 ACTION	◂ 6.10 Resident Evil: Apocalypse		8.00 The Lost City				10.05 Blade: Trinity	
308 COMEDY	◂ 6.15 The Stepford Wives		8.00 No Strings Attached				10.00 Just Go With It	
309 THRILLER	◂ 5.55 The Client		8.00 The International				10.00 Collateral	
310 DRAMA	◂ 5.35 Forrest Gump		8.00 The Hundred-Foot Journey				10.05 Dear John	
311 SCI-FI	◂ 5.45 The Conjuring 2: The Enfield Poltergeist		8.00 The Forever Purge				10.00 Evil Dead	
302 BEST OF 80S	◂ 6.00 Shirley Valentine		8.00 Pretty in Pink			9.50 My Bloody Valentine		
313 FILM4	◂ 6.20 X-Men: Apocalypse				9.00 The Equalizer 2			
315 TCM MOVIES	◂ 6.50 Return of the Gunfighter				9.00 Survive The Night			
SPORT								
401 MAIN EVENT	7.00 Gillette Labs...	7.30 EFL – Live: Sunderland v Sheffield United (Kick-off 8.00)						10.30 Back Pages...
402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.15 PL Stories
403 FOOTBALL	7.00 WSL	7.30 EFL – Live: Sunderland v Sheffield United (Kick-off 8.00)						10.30 EFL Goals
404 CRICKET	7.00 Pakistan Super League				9.00 WPL		10.00 Pakistan Super League	
413 BT SPORT 1	7.00 UEFA Champions League – Live: Real Madrid v Liverpool (Kick-off 8.00)							10.30 UEFA...
414 BT SPORT 2	7.00 ESPN FC	7.30 UEFA Champions League – Live: Napoli v Eintracht Frankfurt (Kick-off 8.00)					10.15 The Football's On	

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Crimewatch Live** New edition (S)
10.45 **Critical Incident** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Doctors** Ruhma and Sid have an issue with the dads' group. (S)(AD)
2.15 **Jay Blades' Home Fix** Tips to help viewers become self-sufficient in their own homes. (S)(R)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **Antiques Road Trip** New edition Natasha and Phil continue their journey to Glasgow. (S)
4.30 **Bridge of Lies** Game show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

1.45 Doctors

7 PM

7.00 The One Show Alex Jones and Jermaine Jenas present the topical show. (S)

7.30 EastEnders Jay and Emma clash over their different approaches to Lola's situation. (S)(AD)

8 PM

8.00 The Repair Shop 7/20. Jay Blades and the team of experts bring four treasured family heirlooms back to life, including a cherished 1960s jazz guitar, a handmade veneered card table and a bookmakers' bag. (S)(R)(AD)

9 PM

9.00 NEW **Christine McGuinness: Unmasking My Autism** Christine McGuinness explores her autism diagnosis and finds a world full of women whose neurodivergency has been misdiagnosed and ignored. (S)

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Jerk 1/6. Tim's acting career is short-lived when he causes chaos on the set of a period biopic. (S3) (S)(R)(AD)
11.05 **Jerk** 2/6. Tim gets scouted as a drug dealer, but soon realises it isn't as fun as it looks on TV, and Ruth is left to look after a care dog sent by Mom. (S3) (S)(R)(AD)
11.30 LIVE **Basketball: NBA** Cleveland Cavaliers v Philadelphia 76ers: The Eastern Conference fixture at Rocket Mortgage FieldHouse. Tip-off is at 11.30. (S)
2.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
2.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.45 AM **Coastal Defenders** (S)(R)(AD)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Take a Hike** (S)(R)
8.30 **Sign Zone: 24/7 Pet Hospital** (R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
12.30 PM **Politics Live: The Budget** (S)
3.00 **Hairy Bikers' Best of British** (R)
3.30 **Wild West: America's Great Frontier** A journey along America's west coast. (S)(R)(AD)
4.30 **Priceless Antiques Roadshow** (R)
5.00 **Flog It!** From Wolverhampton. (R)
6.00 **Richard Osman's House of Games** With guests Olga Koch, Reeta Chakrabarti, Andrew Maxwell and Gareth Thomas. (S)(R)
6.30 **Coast to Coast Food Festival** New edition 3/20. Colin Murray and Edith Bowman explore Ballycastle's Ould Lammas Fair. (S)

9.00 Saving Lives in Leeds

7.00 Saving Lives at Sea The RNLI crew in Newhaven face a race against time as they respond to reports of a man who has suffered a seizure on board a tall ship. (S)(R)(AD)

8.00 Great British Menu New edition 20/24. The chefs serve up their mains and desserts with dishes inspired by *Paddington*, *Earthworm Jim*, *Aesop's Fables*, *The Wombles* and *The BFG*. (S)
■ Continues tomorrow

9.00 Saving Lives in Leeds New edition 3/8. Neurosurgeon Ryan Mathew sets out to rebuild a man's missing skull and consultant Sheila Fraser removes a tumour believed to be the size of a football from a patient's abdomen. (S)(AD)

10.00 Live at the Apollo *Man Like Mobeen* star Guz Khan introduces stand-up sets by Kiri Pritchard-McLean and Rhys James. (S)(R)
10.30 Newsnight (S)
11.10 **Weather** (S)
11.15 **Betty Boothroyd: Call Me Madam** A profile of the former House of Commons speaker. (S)(R)
12.05 AM FILM **The Elephant Man** Period drama with John Hurt. (S) (1980, b/w, PG, 120min) ★★★★★
2.05 **Sign Zone: Saved and Remade** (R)
2.50 **Sign Zone: Amanda & Alan's Italian Job** (S)(R)(AD)
3.20 **Sign Zone: Rip Off Britain: Holidays** Documentary. (S)(R)
4.05 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
12.15 PM **ITV News** (S)
1.50 **Local News** (S)
2.00 LIVE **Racing: Cheltenham Festival** Ed Chamberlin presents coverage of day two, which is Ladies' Day at the prestigious festival. Including the 3.30 Champion Chase, plus races at 2.10, 2.50 and 4.10. (S)
4.30 **Tipping Point: Best Ever Finals** New edition Some of the show's most dramatic endgames. (S)
5.00 **The Chase** Quiz show presented by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7.30 Emmerdale Leyla is bound and gagged, leading to concern from the locals, while Bob fails to pick up on Cathy's behaviour. (S)(AD)

8.00 Coronation Street Stephen spikes Carla's drink during an important client meeting, Sarah has an idea of how to help Nick, and Daisy opens up about living in constant fear. (S)(AD)

9.00 The Bay New episode 2/6. Jenn and the team find evidence that all was not well in the Metcalfs' home, and they begin to notice that something is amiss with Manning. (S4) (S)(AD)
■ Entire series on ITVX

10.00 ITV News (S)
10.30 Local News (S)
10.45 Peston Political magazine show hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **Heathrow: Britain's Busiest Airport** In 2019, the airport is having its busiest year ever. (S)(R)
12.10 AM **English Football League Highlights** Latest fixtures. (S)(R)
1.30 **Shop: Ideal World**
3.00 **Tonight: High Stakes? Britain's Betting Boom** (S)(SL)(R)
3.25 **Save Money: Lose Weight** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **The Secret Life of Our Pets** (S)(SL)(R)(AD)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **Countdown** (S)(R)
6.50 **3rd Rock from the Sun** (S)(R)(AD)
7.40 **The King of Queens** (S5) (S)(R)
9.00 **Frasier** 10-12/24. (S4) (S)(R)(AD)
10.30 **Undercover Boss USA** (S)(R)
11.25 **News** (S)
11.30 **Emergency Helicopter Medics** (R)
12.30 PM **Steph's Packed Lunch** New edition Magazine. (S)
2.10 **Countdown** New edition (S)
3.00 **Tool Club** New edition 3/15. (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The B&Bers are in Great Yarmouth. (S)
5.30 **Come Dine with Me** New edition Third to host in Huddersfield is school admin assistant Iram. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** Juliet, Peri and Danny Beard wake up in Brighton with fierce hangovers. (S)(AD)

9.00 The Piano: The Final

7.00 News (S)

7.55 The Political Slot Shadow Secretary of State for Wales, Jo Stevens MP, gives the Labour Party's view on the cost-of-living crisis. (S)

8.00 Kirstie and Phil's Love It or List It: Brilliant Builds New edition Looking back at a tale of two unfinished projects impacting both property values and family life, including a mum-and-daughter duo for whom tragedy struck. (S)(AD)

9.00 The Piano: The Final Series finale 5/5. A concert at the Royal Festival Hall sets the stage for the final of the competition, as the remaining pianists prepare to walk out onto one of the world's great music stages. (S)(AD)
■ *The Piano: The Concert* follows on More4

10.15 Gogglebox: 10 Year Anniversary Special Highlights from the first 10 years of the show, looking back at how the nation survived lockdowns. (S)(R)(AD)
11.50 **Kathy Burke: Growing Up** (S)(R)
12.45 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.35 **Dispatches: Undercover Ambulance: NHS in Chaos** (S)(R)
2.30 **Couples Come Dine with Me** (R)
3.25 **Extraordinary Escapes with Sandi Toksvig** (S)(SL)(R)(AD)
4.20 **George Clarke's Remarkable Renovations** (S)(SL)(R)(AD)
5.15 **to 6.10** AM **Location, Location, Location** (S)(R)

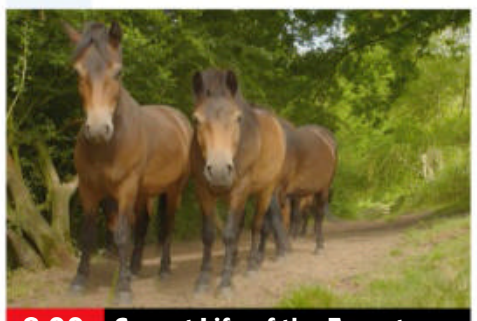
+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.55 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.45 PM **GPs: Behind Closed Doors** A patient with a case of gout that has caused his leg to balloon in size. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Martha's Vineyard Mystery: Poisoned in Paradise** New episode A local waitress is found dead on the beach. (S)
4.00 **Bargain-Loving Brits in the Sun** Alex takes her dog Elliott to a canine spa for some all-over grooming. (S)(R)
5.00 **News** (S)
6.00 **Big Road Rescue: Emergency Call Out** A crash causes a five-mile-long tailback. (S)(R)
6.55 **News** (S)



8.00 Secret Life of the Forest

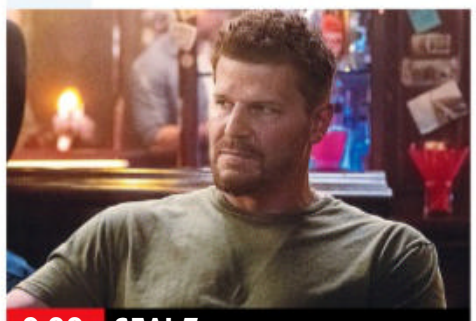
7.00 **The Gadget Show: Shop Smart, Save Money** New edition 3/12. Ortis and Georgie put three cordless clippers through their paces to find out which is the best value. (S)
7.55 **News** (S)
8.00 **Secret Life of the Forest** New edition 5/8. It is the height of summer, and the young beaver kits bond with the rest of the family as they learn how to groom and chew through bark. (S)
9.00 NEW SERIES **Tyrant: The Rise of Adolf Hitler** 1/3. A radical re-telling of the events that lead to World War Two, focusing on the period between March 1938 and the outbreak of war in September 1939. (S)
10.00 **Casualty 24/7: Every Second Counts** A former miner is brought in as he is struggling to breathe, while Sister Jane is battling a seemingly never-ending stream of emergency patients in the hub. (S)(R)
11.05 **Motorway Cops: Catching Britain's Speeders** 2/8. Officer Matt Turner brings a car to a stop on the motorway. (S)(R)
12.05 AM **Police: Elite Raid Squad** Kent officers hunt for the men behind a shocking ram-raid. (R)
1.00 **LeoVegas Live Casino Show** (S)
3.00 **Hijacked** (S)(R)
3.50 **The Blitz: Britain on Fire** (R)
5.25 **to 5.55** AM **Nick's Quest** (S)(R)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Wildlife Rescue New Zealand** Documentary. (S)(R)(AD)
9.00 **Nothing to Declare** (S)(R)(AD)
10.00 **Supergirl** (S)(R)
11.00 **NCIS: Los Angeles** (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
2.00 **S.W.A.T.** 9/22. (S5) (S)(R)(AD)
3.00 **Gangs of Lemur Island** (S)(R)
4.00 **Futurama** (S)(R)
5.00 **The Simpsons** (S)(R)
5.30 **The Fresh Prince of Bel Air** *Grumpy Young Men:* 4/25. Carlton steals Will's date. (S)(R) **6.00** *Fresh Prince: The Movie:* 5/25. Will witnesses a murder while working. (S5) (S)(R)
6.30 **The Simpsons** *Natural Born Kissers:* Homer and Marge reignite their love life. (S)(R)



9.00 SEAL Team

7.00 **The Simpsons** *The Parent Rap:* A judge rules that Homer is a negligent father. (S)(R) **7.30** *Homer the Moe:* Moe refurbishes the bar, but alienates his regulars. With the voices of REM. (S)(R)
8.00 **UFO** 1/4. Documentary exploring people's fascination with unidentified flying objects. and the influence the US government and the military may have in shielding the truth. (S)(R)(AD)
9.00 **SEAL Team** New episode *Crawl, Walk, Run:* 2/10. Bravo is deployed on a high-stakes mission in Russian-controlled territory, while Clay battles with his recovery. (S6)
10.00 **A League of Their Own Road Trip: Southeast Asia** 4/6. Jamie Redknapp and Micah Richards are joined by Alan Carr, Joel Dommett and Emily Atack for the next leg of their road trip. (S)(R)
11.00 **Fantasy Football League** With guests Russell Howard and Jaime Winstone. (R)
11.35 **Funny Woman** 5/6. Sophie returns to Blackpool after Ted Sargent suspends her. (S1) (R)
12.35 AM **Sex and the City** (S3) (S)(R)
1.45 **Road Wars** (S)(R)
3.10 **Hawaii Five-0** (S3) (S)(R)
4.05 **S.W.A.T.** 9/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
2.15-3.00pm Politics Scotland New edition (S) **8.00-9.00pm** Interior Design Masters with Alan Carr New edition (S)(AD)

N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
10.40pm Nolan Live New edition (S) **11.40pm-2.00am** LIVE Basketball: NBA – Cleveland Cavaliers v Philadelphia 76ers (S)

WALES
Sky **952**, Virgin **864**, Freesat **964**
10.45-11.15am X-Ray (S)(R) **8.00pm** Legends of Welsh Sport (S) **8.30-9.00** Scarlett's Driving School New edition (S) **10.35-11.05pm** BBC Wales Live New edition (S)

BBC2

N. IRELAND
Sky **972**, Freesat **969**
10.00-10.30pm The Irish League Show (S) **11.15** Spotlight (S)(R) **11.45pm-12.05am** Barra on the Foyle (S)(R)

WALES
Sky **971**, Freesat **971**
No variations

ITV1

As main ITV1 except:
No variations

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Anrhegion Melys Richard Holt (AD) **12.30** Heno **1.00** Adre **1.30** Bois y Pizza: Chwe' Gwlad (AD) **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Y Stiwdio Grefftau (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cegin Bryn: Y Dosbarth Meistr **6.30** Rownd a Rownd (AD) **6.57** Newyddion S4C a'r Tywydd **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Pen/Campwyr New edition **8.55** Newyddion S4C a'r Tywydd **9.00** Y Gem Gyda New edition **9.35** Y Byd ar Bedwar **10.05** Noson Lawen **11.05-11.30pm** Cenedl Pel-Droed Annibynnol

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/141 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear**
7.55 **The Catch Up**
8.00 **Glow Up: Britain's Next Make-Up Star** Make-up artists battle to be named Britain's next make-up star.
9.00 **Bend It Like Bollywood** Gender non-conforming dancer Vinay puts on the biggest show of his career.
9.45 **Ellie & Natasia** Comedy sketch show written by and starring Ellie White and Natasia Demetriou.
10.00 **The Wedding Fixer** Wedding planner to the rich and famous, Sarah Haywood helps Brits navigate their planning pitfalls as they prepare to tie the knot.
10.45 **The Wedding Fixer** Sarah helps a bride-to-be insistent on doing her flowers and meets a canine ringbearer.
11.30 **Bend It Like Bollywood**
12.15 AM **Jerk** Double bill.
1.10 **Go Hard or Go Home**
2.10 **Jerk** Double bill.
3.10 **Brickies** Documentary.
3.40 **to 4.00** AM **Ellie & Natasia**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** 7/15. Michael Portillo visits Cornwall's county town, Truro.
7.30 **The Yorkshire Dales** 2/3. Adventurer Paul Rose heads for Swaledale.
8.00 **Chris Packham's Animal Einsteins** 2/6. The presenter introduces a look at animals with impressive communication skills.
9.00 **Six Wives with Lucy Worsley** 2/3. The rise and fall of Anne Boleyn in Henry VIII's affections.
10.00 **The Six Wives of Henry VIII** 3/6. After the execution of Anne Boleyn, the King marries Jane Seymour.
11.30 **The Six Wives of Henry VIII** 4/6. Thomas Cromwell urges the widowed king to marry Anne of Cleves.
1.00 AM **Great British Railway Journeys** As 7pm.
1.30 **The Yorkshire Dales**
2.00 **Africa with Ade Adepitan**
3.00 **to 4.00** AM **Six Wives with Lucy Worsley**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Candy canes.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Location, Location, Location** Helping buyers in south-east London.
5.55 **Kirstie and Phil's Love It or List It** A couple who can't decide whether to upsize from their Woodford family home, or renovate it.
6.55 **Escape to the Chateau: DIY** Angel Adoree advises two Brits on how to make their wedding business work.
7.55 **Grand Designs** A building project on the site of a neo-Gothic cemetery in south-west London.
9.00 **999: On the Front Line** 3/10. Paramedics rush to save the life of a cyclist who has been crushed by a lorry.
10.15 NEW **The Piano: The Concert** Claudia Winkleman presents the final concert at the Royal Festival Hall, featuring performances by Lang Lang, Mika and the finalists.
11.15 **24 Hours in A&E**
12.20 AM **999: On the Front Line**
1.30 **8 Out of 10 Cats Does Countdown**
2.30 **24 Hours in A&E**
3.30 **to 4.00** AM **Food Unwrapped**

+1 hour 236 | 196 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Hotel Hell**
9.00 **Married at First Sight Australia**
10.30 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **Brooklyn Nine-Nine** Double bill.
1.00 PM **The Big Bang Theory**
3.00 **Modern Family**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Peri breaks down to Nadira at the hospital.
7.30 **Married at First Sight Australia** New edition Bronte and Harrison fall into another argument, while Caitlin and Shannon hit their first roadblock.
9.00 **Fred's Last Resort** New edition 2/8. Fred sends his hopefuls to Provence to learn about some of the hotel's top-end suppliers.
10.00 **Celebrity SAS: Who Dares Wins USA** New edition The celebrities reveal their personal stories that led to them wanting to be part of the show.
11.05 **First Dates**
12.10 AM **Gogglebox**
1.15 **Married at First Sight Australia**
2.45 **Fred's Last Resort**
3.40 **Celebrity SAS: Who Dares Wins USA**
4.30 **The Big Bang Theory**
4.55 **to 6.00** AM **The Goldbergs**

+1 hour 235 | 146 | 30 | 123

Wednesday primetime

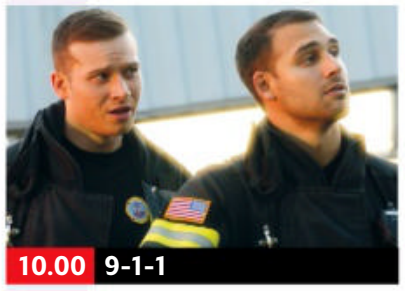
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security USA**
8.00 **Border Patrol**
9.30 **Caught Red Handed**
11.00 **Elementary** 8/13. (S7)
12.00 NOON **FBI** 4/15. (S3)
1.00 PM **9-1-1** 16/18. A blaze rips through the call centre. (S5)
2.00 **Bull** 3/22. A police officer is accused of using excessive force in the shooting of an unarmed man. (S3)
3.00 **The Real A&E**
4.00 **Nothing to Declare**


10.00 9-1-1

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **9-1-1: Lone Star** *Friends Like These:* 6/10. The crew attend a memorial service that takes an unexpected turn. (S1)

9 PM

9.00 **The Rookie: Feds** New episode *The Reaper:* 6/22. Simone and Carter hunt an assassin known as the Reaper. (S1)

10 PM

10.00 **9-1-1** *Christmas Spirit:* 10/18. The team handle a series of Christmas-themed incidents. (S3)
11.00 **FBI** 17/19. (S2)
12.00 M'T **FBI: Most Wanted** (S3)
1.00 AM **The Rookie** 6/17. (S5)
2.00 **The Rookie: Feds** As 9pm.
3.00 **How to Get Away with Murder** 4/15. (S6)
4.00 **9-1-1** 14/18. (S5)
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 163

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Fish Town**
7.55 **The Affair** 9&10/10. (S1)
10.05 **Gomorrah** 3&4/12. (S1)
12.15 PM **Game of Thrones** (S6)
1.20 **The Leftovers** 3&4/8. (S3)
3.30 **Gomorrah** 3/12. Pietro orders the gang to destroy the Nigerian crack dealers. (S1)
4.35 **Succession** 5/10. Kendall begins to plot a vote of no confidence against Logan. **5.40** 6/10. Roman and Kendall try to sway the board. (S1)
6.50 **Yellowjackets** 3/10. The Yellowjackets debate. (S1)

9.00 Django

7.55 **Game of Thrones** *Homeward Bound:* 2/10. Bran trains with the Three-Eyed Raven, while the Night's Watch stands behind Alliser Thorne. (S6)

9.00 **Django** New episode 5/10. John and Django try to trick Elizabeth by organising expeditions.

10.05 **Django** New episode 6/10. John is accused of stealing the land New Babylon stands on and is summoned to court. (S1)
11.10 **The Last of Us** 9/9. (S1)
12.10 AM **Perry Mason** 2/8. An admission from Baggerly meets Mason's wrath. (S1)
1.20 **The Gilded Age** 3/9. (S1)
2.25 **Game of Thrones** As 7.55pm.
3.30 **In Treatment** 9/24. (S4)
4.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate SG-1** (S4)
8.00 **DC's Legends of Tomorrow**
9.00 **Quantum Leap** 7/22. (S3)
10.00 **Supergirl** 7/19. (S5)
11.00 **NCIS: Los Angeles** (S11)
1.00 PM **Hawaii Five-0** (S3)
2.00 **S.W.A.T.** 9/22. (S5)
3.00 **Quantum Leap** 6/22. (S3)
4.00 **DC's Legends of Tomorrow**
5.00 **Supergirl** 7/19. (S5)
6.00 **Stargate SG-1** 22/22. Part one of three. The team pay a visit to Vorash in Cronos's mothership. (S4)

6.00 Stargate SG-1

7.00 **Stargate SG-1** *Enemies:* 1/22. Part two of three. The team fight for survival against the advancing Apophis. (S5)

8.00 **S.W.A.T.** *Guacaine:* When violence erupts at a food truck festival, the team are left to contend with a deadly cartel. (S6)

9.00 **SEAL Team** New episode *Crawl, Walk, Run:* 2/10. Bravo are deployed on a mission in Russian-controlled territory. (S6)

10.00 **A League of Their Own Road Trip: Southeast Asia** 4/6. Alan Carr, Emily Atack and Joel Dommett join Jamie and Micah.
11.00 **Fantasy Football League** With Russell Howard.
11.35 **Funny Woman** 5/6. (S1)
12.35 AM **Strike Back: Vengeance**
1.35 **Road Wars**
2.00 **Air Ambulance ER**
3.00 **Hawaii Five-0** 17/24. (S3)
4.00 **S.W.A.T.** 9/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Love Bites**
8.00 **Dress to Impress**
9.00 **Chuck** 22/24. (S4)
10.00 **One Tree Hill** 6/22. (S3)
11.00 **The O.C** 24/24. (S2)
12.00 NOON **Love Bites**
1.00 PM **Dress to Impress**
2.00 **Supermarket Sweep**
3.05 **Chuck** 23/24. (S4)
4.00 **One Tree Hill** 7/22. (S3)
5.00 **The O.C** 1/25. (S3)
6.00 **Celebrity Catchphrase**

10.00 Family Guy

7.00 **The Masked Singer US** The Group A celebrities take to the stage as another wildcard enters.

8.00 **Superstore** 19/21. Carol returns from suspension. **8.30** 20/21. Amy joins Jonah for lunch with his parents and brother. (S5)

9.00 **Loaded in Paradise** New edition Spenders Millie and Amelia's day begins with a spread of champagne and canapes.

10.00 **Family Guy** 6/20. Peter and Lois decide not to vaccinate Stewie. **10.30** 7/20. Peter gets locked in a library. (S15)
11.05 **Family Guy** 19/20. Chris is surprisingly named as homecoming king. (S14)
11.35 **American Dad!** (S4)
12.35 AM **Superstore** (S5&6)
1.30 **Shopping with Keith Lemon**
2.00 **CelebAbility**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.05 **Man About the House**
9.05 **Where the Heart Is**
11.15 **Agatha Christie's Poirot**
12.20 PM **Heartbeat**
1.25 **Classic Emmerdale**
2.00 **Classic Coronation Street**
3.35 **Midsomer Murders** *The Fisher King:* A womaniser is killed with an ancient spear.
5.40 **Downton Abbey** 6/9. A Canadian officer is brought to Downton for recuperation. (S2)

10.00 Grantchester

6.55 **Heartbeat** *Playing with Trains:* Nick looks into the link between trespassers on the railway and thefts from a fur factory.

8.00 **Grace** *Not Dead Enough:* 2/4. Branson and Grace investigate the murder of socialite and patron of local charities Katya Bishop, whose entrepreneur husband Kit becomes the main suspect. (S2)

10.00 **Grantchester** 6/6. Another homeless man is found dead and killed in the same manner as the previous victims. (S7)
11.00 **Agatha Christie's Poirot** *The Incredible Theft:* An aircraft manufacturer hosts a party to trap a spy, but his wife summons the detective to keep an eye on proceedings.
12.10 AM **Where the Heart Is**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Watching Ourselves: 60 Years of TV in Scotland** 1/7. Celebrating Scottish TV. **7.30** 3/7. The country's cities in TV drama.
8.00 **The Agency: Unfiltered** 5/6. The winner of Kirsten's maternity cover role is announced.
8.30 **The Disasters That Shocked Scotland** 6/6. Revisiting the 2014 Glasgow bin lorry crash.
9.00 **The Nine**
10.00 **Scotland's Greatest Escape** New edition 5/7. Four members of a Fife family visit getaways steeped in history.
10.30 **Tuned in: 100 Years of Broadcasting in Scotland** How BBC Scotland has changed over the past 100 years.
11.30 PM **to 12.00** M'T **Rab C Nesbitt** 3/7. (S4)

Sky Comedy

114/115 112 347 362

8.00 AM **Futurama** (S2)
9.00 **A.P. Bio** (S3&4)
10.00 **Pen15** 12&13/15. (S2)
11.15 **Entourage** (S3)
12.30 PM **Fresh Prince of Bel Air** 2&3/25. (S5)
1.30 **Our Cartoon President**
2.35 **The Office (US)** (S3)
3.00 **Will & Grace** (S3)
4.00 **The Conners** (S4)
4.30 **Futurama** (S6)
5.00 **The Office (US)** (S3)
5.30 **Fresh Prince of Bel Air**
6.30 **Futurama** (S2)
7.30 **The Office (US)** (S5)
8.00 **The Conners** New episode 2/20. (S4)
8.30 **The Office (US)** (S5)
9.00 **Curb Your Enthusiasm**
10.45 **The Late Late Show with James Corden** New edition Chat and entertainment show.
11.45 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.45 AM **Sex and the City**
2.05 **Barry** 4-6/8. (S2)
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Gilbert and Sullivan: A Motley Pair**
7.10 **LA Philharmonic Centennial Birthday Gala** With Zubin Mehta.
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Rudyard Kipling: A Secret Life**
1.00 PM **Tales of the...**
2.00 **Wonderland: From JM Barrie to JRR Tolkien**
3.00 **Landscape Artist 2019**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Portrait Artist**
9.00 **Blitzed: The 80s Blitz Kids' Story**
11.00 **From the Vaults**
12.00 M'T **Women Who Rock**
1.15 AM **Blondie: Song by Song**
2.55 **Life & Rhymes**
4.15 **Master of Photography**
5.10 **Music Icons**
5.35 **to 6.00** AM **Video Killed the Radio Star**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S4)
5.00 **Star Trek: The Next Generation** 4/26. (S4)
6.00 **Star Trek: Enterprise**
7.00 **Star Trek: Voyager** (S2)
8.00 **NCIS: New Orleans** (S2)
9.00 **S.W.A.T.** 13/21. (S3)
10.00 **Grimm** 13/22. (S1)
11.00 **Snapped** Documentary.
12.00 M'T **How I Caught the Killer** True crime series.
1.00 AM **The Force: North East** Documentary.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

Comedy Central

112/113 132 345 360

8.00 AM **Younger** (S3)
9.00 **The Middle** (S9)
11.00 **Last Man Standing** (S6)
1.00 PM **Friends** (S5&6)
8.00 **Friends** 12/25. Ross and Chandler bicker over a raunchy joke. **8.30** 13/25. Reese Witherspoon guest stars as Rachel's sister. (S6)
9.00 **Michael McIntyre: Hello Wembley!** A 2009 performance at Wembley Arena.
10.00 **Jimmy Carr: Making People Laugh** The comedian performs in Glasgow in 2010.
11.00 **Al Murray's Great British Pub Quiz**
12.00 M'T **Live at the Apollo**
1.00 AM **South Park**
2.30 **The Ren & Stimpy Show**
3.00 **Beavis and Butt-Head**
3.20 **The Ricky Gervais Show**
3.45 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 28 119

7.00 AM **Real Housewives of Cheshire** Reality series.
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of New Jersey**
1.20 **The Real Housewives of Cheshire** Reality series.
2.20 **The Only Way Is Essex**
3.15 **Million Dollar Listing: LA** Property series.
4.10 **The Real Housewives of Orange County**
5.00 **The Real Housewives of New York City**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date** New edition
9.00 **NEW SERIES Ferne McCann: First Time Mum** Ferne finds herself caught up in a scandal.
10.00 **DNA Journey**
11.20 **Botched**
11.45 **The Only Way Is Essexmas** Reality series.
12.45 **to 1.00** AM **Unwind**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **The Best of the 70s**
6.15 **Robin of Sherwood**
7.25 **Magnum, PI**
8.30 **Racing: The Opening Show**
10.00 **The Best of the 80s**
10.15 **The Protectors**
10.50 **Dempsey and Makepeace**
11.50 **Robin of Sherwood**
1.00 PM **LIVE Racing: Cheltenham**
2.05 **Nine Dart Finishes**
2.10 **River Monsters**
2.40 **Magnum, PI**
3.45 **The Sweeney**
4.55 **Minder**
6.00 **Extreme Salvage Squad**

8.00 Live and Let Die

6.55 **The Chase Celebrity Special** Mikey North, Una Healy, Carl Froch and Alison Hammond take part in the quiz show.

8.00 **FILM Live and Let Die** James Bond adventure starring Roger Moore. Agent 007 tackles a criminal mastermind who is planning to flood the US with heroin. With Jane Seymour. (1973, PG, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **English Football League Highlights** Action from the latest fixtures, including Hull City v Burnley at MKM Stadium.

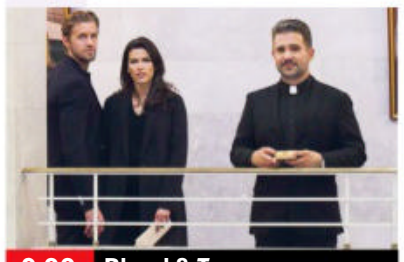
12.00 M'T **The Sweeney** *Hard Men:* A Scottish detective on the trail of a gang of crooks requests help, and the squad resolves to catch his quarry.
1.05 AM **Minder**
2.10 **The Protectors**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Pandora** 12/13. (S1)
7.00 **The Outpost** 12/13. (S4)
8.00 **Teleshopping**
11.00 **Pandora** 12/13. (S1)
12.00 NOON **Star Trek: Deep Space Nine** 16&17/26. (S2)
2.00 PM **Fringe** 5/22. (S2)
3.00 **The Outpost** 12/13. (S4)
4.00 **Pandora** 12/13. (S1)
5.00 **Stargate SG-1** 18/22. (S5)
6.00 **Star Trek: Deep Space Nine** 16/26. Odo and Dax investigate mysterious disappearances. (S2)


9.00 Blood & Treasure

7.00 **Star Trek: Deep Space Nine** *Playing God:* 17/26. Dax and Trill uncover a deadly universe in the Gamma Quadrant. (S2)

8.00 **Star Trek: Voyager** *Cathexis:* 13/16. An assault on a shuttle leaves Chakotay fighting for his life. (S1)

9.00 **Blood & Treasure** Series finale *Showdown in Hong Kong:* 13/13. Danny and Lexi battle the Kahn in Hong Kong. (S2)

10.00 **FILM Triassic Hunt** Action adventure starring Michael Paré. (2021, 15, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Trickster** 1/6. Fantasy drama starring Joel Oulette. **1.00** AM 2/6. Wade claims to be Jared's real father. (S1)
2.00 **Star Trek: Voyager** As 8pm.
3.00 **Stargate SG-1** 18/22. (S5)
4.00 **to 6.00** AM **Star Trek: Deep Space Nine**

+1 hour 229

Alibi

109/110 809 126 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **WPC 56** 5/5. (S2)
10.00 **Rizzoli & Isles** 5/15. (S2)
11.00 **Person of Interest** (S3)
12.00 NOON **Miss Fisher's Murder Mysteries** 13/13. (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Rizzoli & Isles** 5/15. A baseball coach is killed. (S2)
6.00 **Without a Trace** 3/24. Elena searches for a missing 20-year-old prostitute. (S4)

9.00 CSI: Vegas

7.00 **Person of Interest** *Endgame:* 8/23. Finch receives 38 numbers simultaneously from the Machine. (S3)

8.00 **Death in Paradise** *Murder on the Day of the Dead:* 5/8. A man receives a suspicious voicemail from his wife. (S7)

9.00 **CSI: Vegas** New episode *When the Dust Settles:* 12/21. A woman wakes from a coma and recalls her sister's death. (S2)

10.00 **Clarice** *Father Time:* 12/13. Clarice punches another FBI agent in a moment of rage, then turns in her badge. (S1)
11.00 **Without a Trace** As 6.00pm.
12.00 M'T **The Doctor Blake Mysteries** 10/10. A female doctor is found hanged. (S1)
1.00 AM **Miss Fisher's Murder Mysteries** 13/13. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 344 359

7.10 AM **Highlights**
9.20 **Hi-de-Hi!**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **The Green Green Grass**
12.40 PM **Outnumbered**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.40 **Hi-de-Hi!**
3.20 **Last of the Summer Wine**
4.40 **Dad's Army**
5.20 **The Green Green Grass**
6.00 **Hi-de-Hi!**
6.40 **Dad's Army**

10.45 Live at the Apollo

7.20 **Dad's Army** Mainwaring lets Private Frazer take charge of the platoon.

8.00 **The Good Life** Tom and Barbara talk to their plants to see if it will make them grow quicker. **8.40** Margo's new garden windbreak causes problems for the Goods. **9.20** Tom and Barbara get too close to nature when they catch fleas.

10.00 **The Young Ones** With guest stars Madness.
10.45 **Live at the Apollo** With Lenny Henry, Tommy Tiernan and Mike Wilmot.
11.50 **French and Saunders** A spoof of drama *The House of Elliot*, featuring stars Stella Gonet and Louise Lombard.
12.30 AM **The Good Life**
1.50 **The Young Ones**
2.40 **Live at the Apollo**
3.25 **to 4.00** AM **Desmond's**

+1 hour 210/211 194

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Cop Car Workshop**
9.00 **The Force: Behind the Line**
10.00 **Australian Ninja Warrior**
11.30 **Rick Stein's Far Eastern Odyssey** In Penang, Malaysia.
12.30 PM **The Force: Behind the...**
1.00 **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Australian Ninja Warrior** New edition The third heat.
5.30 **Travel Man: 48 Hours in Lisbon** With Adam Buxton.
6.00 **Taskmaster** With Doc Brown.

7.00 House of Games

7.00 **Richard Osman's House of Games** With Anneka Rice and Al Murray.
7.40 **Room 101** With Geri Horner, Katherine Ryan and Adam Buxton.

8.20 **Would I Lie to You?** With guests Les Dennis, Richard Osman, Alice Levine and Lou Sanders.

9.00 **QI XL** Josh Widdicombe, Cariad Lloyd and Paul Sinha join Alan Davies to answer Sandi Toksvig's questions on phenomena.

10.00 **World's Most Dangerous Roads** Comedians Ed Gamble and Lou Sanders tackle a 1,000km journey in Iceland.
11.00 **Taskmaster** Jon Richardson creates a music video.
12.00 M'T **Mock the Week**
12.40 AM **QI XL** With Matt Lucas.
1.20 **Hypothetical** With Tom Allen.
2.30 **Comedians Giving Lectures**
3.05 **Sliced** Comedy series.
3.35 **to 4.00** AM **Famalam**

+1 hour 211 131 57

Wednesday 7 PM 8 PM 9 PM 10 PM

GREAT! tv

157 189 50 142

6.00 AM **Sue Thomas: F.B.Eye** 3&4/19. (S3)
8.00 **Highway to Heaven**
10.00 **Crazy Like a Fox** (S1)
11.00 **Castle** 15/23. (S6)
12.00 NOON **Body of Proof**
1.00 PM **Sue Thomas: F.B.Eye** 13-14/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 1-4/20. (S9)
9.00 **Randall and Hopkirk (Deceased)** *Whoever Heard of a Ghost Dying?* 8/26. A clairvoyant tries to exorcise Marty. (S1)
10.00 **The Persuaders!** *The Morning After:* 19/24. Brett wakes up to find himself married to a beautiful woman. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S9)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **Sue Thomas: F.B.Eye**
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
12.30 PM **A New Life in the Sun** From France.
1.30 **Come Dine with Me**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun** Triple bill, including at: **7.00** Searching for a home in the Algarve.
7.45 **The Great Pottery Throw Down: The Final** Siobhán McSweeney hosts the grand final.
9.00 **Gogglebox** The armchair critics are back to watch the best of the week's TV.
10.00 **24 Hours in A&E** An 18-year-old is rushed in after coming off his motor scooter.
11.00 **Paula** Documentary.
1.10 AM **The Piano: The Final**
2.25 **Jimmy Carr's I Literally Just Told You**
3.25 **The Supervet: Puppy Special**
4.15 **to 5.00** AM **The Dog House**

5USA

141 141 153 21 129

9.00 AM **Murder, She Wrote**
9.55 **Entertainment News**
10.00 **NCIS** 6-8/25. (S6)
1.00 PM **Law & Order**
6.00 **NCIS** *Legend – Part One:* 22/25. The agents travel to LA to work with another NCIS team. **7.00** *Legend – Part Two:* 23/25. Agent Callen goes undercover. **8.00** *Semper Fidelis:* 24/25. An Enforcement agent is killed during a poker game. (S6)
9.00 **Criminal Minds** *25 to Life:* 11/24. A recently released convict is found at the scene of a killing. **10.00** *Corazon:* 12/24. A series of murders is linked to a controversial religion. (S6)
10.55 **Law & Order: Special Victims Unit** (S5)
2.50 AM **The Blacklist** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Rich Holiday, Poor Holiday** Documentary.
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Car Pound Cops: Give...**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops: Give Me My Car Back!**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Documentary.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM Road House** Thriller. (1989, 18) ★★★
11.25 **FILM Double Jeopardy** Thriller. (1999, 15) ★★★
1.35 AM **Ambulance: Code Red** Documentary.
2.30 **10 Years Younger in 10 Days** Documentary.
3.20 **Dogs with Incredible Jobs** Documentary.
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228 186 141

W

132 827 125 25 156

6.15 AM **Top Chef**
7.00 **Property Brothers: Forever Homes**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **Hairy Bikers' Northern Exposure**
1.00 PM **Tipping Point**
4.00 **DIY SOS: The Big Build**
5.00 **Property Brothers: Forever Homes**
6.00 **MasterChef Australia**
7.20 **Simply Nigella**
8.00 **Emergency: First Time Medics** New edition Claire tries to help a cancer patient who is bleeding heavily.
9.00 **DIY SOS: The Big Build** A family home in Bury.
10.00 **24 Hours in A&E**
11.00 **Stacey Dooley Sleeps Over USA**
12.00 M'T **Emergency: First Time Medics**
1.00 **to 3.00** AM **Rochelle Humes: Interior Designer in the Making**

+1 hour 232 190

Drama

143 130 20 158

7.20 AM **Pie in the Sky**
8.15 **The Bill**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Howards' Way**
3.10 **Lovejoy**
4.20 **Peak Practice**
5.20 **The Brittas Empire**
6.00 **Keeping Up Appearances**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Sister Boniface Mysteries** 8/10. A bakery show contestant is poisoned. (S1)
9.00 **Strike – Lethal White** 1/4. Robin goes undercover in the House of Commons. (S4)
10.20 **New Tricks**
11.20 **Cutting It**
12.40 AM **Bad Girls**
1.45 **Lovejoy**
2.45 **to 4.00** AM **Classic Holby City**

+1 hour 243 226 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

WEDNESDAY

Documentaries

Wednesday

RealityXtra

147 197 68 134

9.00 AM **Medical Detectives**
11.00 **Matlock** As 6pm.
12.00 NOON **The Fugitive** (S2)
1.00 PM **Donal MacIntyre: Unsolved** Double bill.
3.00 **Medical Detectives** Four editions of the series.
5.00 **The Fugitive** *The Survivors:* 23/30. Richard Kimble risks everything to return home when he learns that the family of his late wife is in financial trouble. (S2)
6.00 **Matlock** *The Legacy – Part One:* 3/19. The lawyer defends a man with a connection to his father, who is accused of murder. (S7)
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Matlock** As 6pm.
2.00 **The Fugitive** As 5pm.
3.00 **Donal MacIntyre: Unsolved** Double bill.
5.00 **to 6.00** AM **Medical Detectives**

Legend

148 149 41 137

8.00 AM **Walker, Texas...**
9.00 **Mutant X** 4/22. (S3)
10.00 **Star Trek: The Next Generation** 7/26. (S5)
11.00 FILM **Guardians of the Tomb** (2018, 12) ★
12.50 PM **Legend Lowdown**
1.00 FILM **Lord of the Elves** Drama. (2012, 12) ★★
2.50 **Legend Lowdown**
3.00 FILM **Post Impact** Sci-fi. (2003, 15, 91min) ★★
4.50 **Legend Lowdown**
5.00 **Star Trek** 19/24. (S3)
6.00 **Star Trek: The Next Generation** (S5)
7.00 **Airwolf** 18/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Lawnmower Man 2: Beyond Cyberspace** Sci-fi. (1995, 12, 92min) ★
10.50 FILM **Revenge** Thriller. (2017, 18) ★★★★
12.55 AM FILM **Hellraiser** (1987, 18) ★★★
2.45 **to 4.30** AM FILM **Tales that Witness Madness** Horror. (1973, 18) ★

Challenge

145 139 48 146

7.00 AM **The Chase**
10.00 **Dickinson's Real Deal**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Play Your Cards Right**
4.00 **Dickinson's Real Deal**
5.00 **Bullseye** Four editions of the darts-based quiz.
7.00 **Pointless** Quiz hosted by Alexander Armstrong and Richard Osman.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!

159 159 835 160

7.00 AM **Wags**
8.00 **Keeping Up with the Kardashians**
10.00 **The Bradshaw Bunch**
11.00 **Rich Kids of Beverly Hills** Reality series.
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take Miami**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Medic Paul Nassif wrangles a woman's cobra neck. **8.00** A patient with over-injected lips.
9.00 **Keeping Up with the Kardashians: The Final Curtain** A look back at the show's scandals. **10.00** The last episode of the reality show.
11.00 **Rich Kids of Beverly Hills** Reality series.
12.00 M'T **Dr 90210**
1.00 AM **Wags**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

Sky Documentaries

121 121 819 277 352 367

6.00 AM **Urban Secrets**
7.00 **Discovering**
8.00 **The Directors**
9.00 **The Nineties**
10.00 **Escobar by Escobar**
11.00 **The Vow**
12.00 NOON **Siempre, Luis**
2.00 PM **Laurel and Hardy: Their Lives and Magic**
4.00 **The Directors**
5.00 **Discovering**
6.00 **The Nineties**
7.00 **Escobar by Escobar**
8.00 **The Vow**
9.00 FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
11.00 FILM **Cobain: Montage of Heck** Brett Morgen explores the Nirvana frontman's life. (2015, 15, 132min) ★★★★
1.30 AM **The Art of Political Murder** Documentary.
3.20 **The Wolfpack** Documentary. (2014, 15, 90min) ★★★★
5.05 **to 6.00** AM **Discovering**

Sky Nature

124 124 822 278 354 369

6.00 AM **Animal Senses**
7.00 **Monkey Life**
8.00 **Wildlife Rescue New Zealand**
9.00 **Gangs of Lemur Island**
10.00 **Extreme Africa**
11.00 **The Wadden Sea**
12.00 NOON **New Kids in...**
1.00 PM **Monkey Life**
2.00 **Wildlife Rescue New...**
3.00 **Gangs of Lemur Island**
4.00 **Extreme Africa**
5.00 **The Wadden Sea**
6.00 **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Patagonia**
9.00 **Tales from Zambia**
10.00 **The Wadden Sea**
11.00 **New Kids in the Wild**
12.00 M'T **Mysteries of the Mekong** Documentary.
1.00 AM **America's Wild Seasons**
2.00 **Patagonia**
3.00 **Tales from Zambia**
4.00 **Wildlife Rescue New...**
5.00 **to 6.00** AM **Gangs of Lemur Island**

HGTV

158 286 44 166

7.00 AM **Building Off the...**
8.00 **The Great Interior...**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **Fantasy Homes by...**
12.00 NOON **My Lottery...**
1.00 PM **Home Town**
2.00 **Bargain Block**
3.00 **The Great Interior Design Challenge**
4.00 **My Dream Derelict Home in the Sun**
5.00 **Building Off the Grid**
6.00 **A Place in the Sun**
7.00 **Fantasy Homes by the Sea** In East Sussex.
8.00 **Escape to the Country**
9.00 **My Lottery Dream Home** Double bill.
10.00 **Good Bones** New edition
11.00 **Home Town**
12.00 M'T **Fantasy Homes...**
1.00 AM **Building Off the...**
2.00 **My Dream Derelict Home in the Sun**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258 290

Food Network

140 285 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 NEW SERIES **Delicious Miss Brown** Double bill.
9.00 **Jamie's 15 Minute Meals**
9.30 **Jamie's 30 Minute Meals**
10.00 **American Feast**
11.00 **Follow Donal to Europe**
12.00 NOON **Great British...**
2.00 PM **American Adventure**
3.00 **Jamie's 15 Minute Meals**
3.30 **Jamie's 30 Minute Meals**
4.00 **Delicious Miss Brown**
5.00 **Be My Guest with Ina Garten** New edition
5.30 **The Pioneer Woman**
6.00 **Ainsley's Food We Love**
7.00 **Great British Bake Off**
8.00 **American Adventure**
9.00 **American Feast**
10.00 **Ainsley's Food We Love**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Restaurant:...**
2.00 **to 3.00** AM **Jamie at Home**

+1 hour 240 149

DMAX

172 171 38 150

6.00 AM **Salvage Dawgs**
7.00 **Outback Opal Hunters**
8.00 **Alaska: Homestead Rescue** Reality series.
9.00 **The Last Alaskans**
10.00 **Alaska: Last Frontier**
12.00 NOON **Yukon Men**
1.00 PM **Aussie Gold Hunters**
2.00 **Gold Divers**
4.00 **Building Off the Grid**
5.00 **Scrap Kings**
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
8.00 **Alaska: Last Frontier** Atz Sr and his sons build a bridge across a river before the spring thaw.
9.00 **Alaska: Homestead Rescue** Reality series.
11.00 **Jade Fever**
12.00 M'T **Alaska: Last Frontier** Reality series.
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 272 214 151

5Action

150 150 33 132

9.00 AM **Forged in Fire**
9.50 **Traffic Cops**
10.50 **Police Interceptors**
11.50 FILM **War of the Wildcats** Western. (1943, b/w, U) ★★
1.55 PM FILM **The Lusty Men** Adventure. (1952, U, 113min) ★★★
4.10 **Forged in Fire**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Traffic Cops**
9.00 FILM **Mercury Rising** Thriller starring Bruce Willis. (1998, 15, 110min) ★★★
11.15 FILM **Wake of Death** Drama with Jean-Claude Van Damme. (2004, 18, 86min) ★★★
1.05 AM **Police Interceptors**
2.05 **Fights, Camera, Action!**
3.05 **What Went Wrong: Countdown to Disaster**
4.00 **Red Arrows: Kings of the Sky**
4.50 **to 5.00** AM **Entertainment News**

Sky Crime

122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **999 Frontline**
10.30 **911 Crisis Centre**
11.00 **The DNA of Murder**
12.00 NOON **Murdered at First Sight** Crime series.
1.00 PM **Murders That Shocked the Nation**
2.00 **Killer in My Village**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killing Mum and Dad**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Who Killed Jill Halliburton Su?**
11.00 **Killer in My Village**
12.00 M'T **World's Most Evil...**
1.00 AM **Killing Mum and Dad**
2.00 **Killer in My Village**
3.00 **Murders That Shocked...**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Motorway...**

+1 hour 222 164

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A go-go dancer vanishes for 20 years. **7.30** A hunter is shot three times and killed.
8.00 **48 Hours** A young woman vanishes from her Florida condo.
9.00 **See No Evil** New edition Investigating the murder of Jessika Kalaher.
10.00 **Killers: Caught on Camera** New edition A five-year-old boy is found dead after a trip to Disneyland.
11.00 **Fatal Vows**
12.00 M'T **Injustice with Nancy Grace** A young woman's body is found.
1.00 AM **See No Evil**
2.00 **Killers: Caught on Camera** Documentary.
3.00 **48 Hours**
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 218 136

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From France.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A classic table.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Helicopter ER**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **Dr Pimple Popper: Reload** Dr Sandra Lee helps a woman who has a growth on her leg.
10.00 **The Hair Loss Clinic** Twins Tom and James, who started to lose their hair as teenagers.
11.00 **Ghost Adventures**
12.00 M'T **Ghost Loop**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze

164 199 64 162

6.00 AM **Hardcore Pawn**
7.45 **The UnXplained with William Shatner**
8.40 **Ancient Aliens**
10.40 **Storage Wars Canada**
11.10 **Storage Wars**
12.10 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **The UnXplained with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal** From Penrith, Cumbria.
9.00 **Paranormal: Caught on Camera** New edition Paranormal videos from around the world.
10.00 **The Proof Is Out There**
11.00 **Strange Evidence**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **Court Cam**
2.00 **Shipping Wars**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars Canada**
4.10 **to 6.00** AM **Pawn Stars**

+1 hour 81

TLC

133 133 828 167

7.00 AM **Flip or Flop**
8.00 **Good Bones**
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Say Yes to the Dress: Atlanta** Double bill.
12.00 NOON **Say Yes to the Dress: Lancashire**
1.00 PM **Cake Boss**
2.00 **My 600lb Life**
3.00 **My Lottery Dream Home** Double bill.
4.00 **Seeking Sister Wife**
6.00 **Flip or Flop**
7.00 **Sister Wives**
8.00 **Love After Lock Up**
9.00 **Long Island Medium**
11.00 **Return to Amish**
12.00 M'T **Extreme Sisters**
1.00 AM **Love After Lock Up**
2.00 **Return to Amish**
3.00 **Extreme Sisters**
4.00 **Flip or Flop**
5.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hour 233 172

5SELECT

153 152 56 133

9.00 AM **Eggheads**
9.25 **GPs: Behind Closed Doors** Documentary.
10.30 FILM **Cradle Did Fall** Thriller with Ali Liebert. (2021, PG, 90min) ★★
12.15 PM FILM **Dangerous Love** Thriller. (2022, PG, 90min) ★★
2.00 **Holiday Homes in the Sun** In Abergavenny.
3.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild** Double bill.
6.00 **Secrets of the Imperial War Museum**
7.00 **The Crucifixion Mystery**
8.00 **Atlantis: Hunt for the Lost Civilisation**
9.00 **Dinosaurs from the Deep: Drain the Oceans**
10.00 **Forged in Fire**
11.55 **The Pompeii Mystery**
12.55 AM **Viking Burial: Secrets Revealed**
1.55 **Ben Fogle: New Lives in the Wild**
3.50 **to 4.00** AM **Entertainment News**

Quest

144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Fifth Gear Recharged**
1.00 PM **The Repair Shop**
2.00 **Love Your Garden**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers**
6.00 **Wheeler Dealers**
7.00 **Aussie Gold Hunters**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Cops UK: Bodycam Squad**
2.00 **Goblin Works Garage**
3.00 **Fifth Gear Recharged**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 213 70 168

Quest Red

149 170 40 169

6.00 AM **Say Yes to the Dress: Lancashire**
7.00 **Say Yes to the Dress: The Big Day**
8.00 **Say Yes to the Dress**
9.00 **Animal Cops Houston**
11.00 **Forensic Detectives**
1.00 PM **American Detective with Lt Joe Kenda**
2.00 **Disappeared**
3.00 **Murder Comes to Town**
4.00 **Reasonable Doubt**
5.00 **Say Yes to the Dress: Lancashire**
6.00 **Curvy Brides Boutique**
7.00 **Who Do You Think You Are?** Paul Hollywood.
8.00 **Dr. Pimple Popper: Pop Ups** A look at some of Dr Lee's patients.
9.00 **People Magazine Investigates**
10.00 **Where Murder Lies**
11.00 **Forensic Detectives**
1.00 AM **The Perfect Murder**
2.00 **A Crime to Remember**
3.00 **to 4.00** AM **FBI Files**

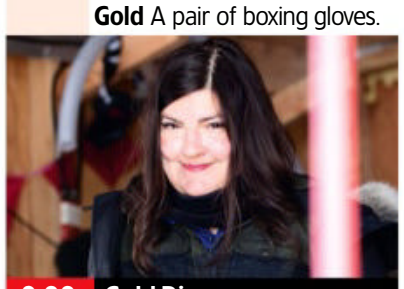
+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Alaska: Homestead Rescue**
9.00 **Flying Wild Alaska**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **British Treasure, American Gold** Documentary.
1.00 PM **Gold Rush** Double bill.
3.00 **Building Off the Grid**
4.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers**
6.00 **British Treasure, American Gold** A pair of boxing gloves.



9.00 Gold Divers

7.00 **Kindig Customs** Dave works on a 1955 Nomad to give the car the edge it was missing.

8.00 **Dive Wars Australia** Skin and Jay risk venturing into a shark's territory while looking to fill their abalone quota.

9.00 **Gold Divers** New edition 1/2. Shawn and Kris attempt to settle their feud for good.

10.00 **Gold Divers** New edition 2/2. In the hopes of jump-starting his season, Zeke embarks on a marathon dredging campaign.

11.00 **Moonshiners** New edition Mark and Digger attempt an old-school run of liquor they can sell at a 1990s price.
12.00 M'T **Expedition Bigfoot**
1.00 AM **Gold Divers**
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Celebrity Animal Encounters**
3.00 **The Crocodile Hunter: Best of Steve Irwin**
4.00 **My Cat from Hell**
5.00 **Animal Cops Philadelphia**
6.00 **Tanked** NBA player Anthony Davis asks Wayde and Brett on board to transform an entire room into an aquarium.

8.00 How Sharks Hunt

7.00 **Pit Bulls & Parolees** A phone call in the middle of the night sees Tia racing to deal with a family emergency.

8.00 **How Sharks Hunt** The hunting approaches of tiger sharks and great whites, and what makes them so effective.

9.00 **Sharktacular 2016** With *Shark Week* sneak peeks, viral videos, and the greatest sharks in *Shark Week* history.

10.00 **Edge of Alaska** The residents of McCarthy must unite when a pack of wolves stalk the streets of their historic town.

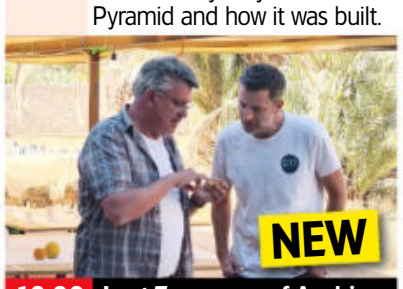
11.00 **The Zoo** A gorilla must undergo a critical root canal to fix his tooth problem.
12.00 M'T A fennec fox's future hangs in the balance.
1.00 AM **Alaska Monsters**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 259

Nat Geographic

129 129 825 266

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Hitler's Last Stand**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **Car S.O.S**
1.00 PM **Wicked Tuna**
2.00 **Lost Treasures of Egypt**
3.00 **Inside the SS** Double bill.
5.00 **Hitler's Teen Killers** The teenage soldiers of Hitler's 12th SS Panzer Division.
6.00 **Egypt: Secret Chambers Revealed** A team attempt to solve the mystery of the Great Pyramid and how it was built.



10.00 Lost Treasures of Arabia

7.00 **Air Crash Investigation** When the cockpit window of Sichuan Airlines 8633 explodes, the crew battle to safely land the plane.

8.00 **Alaska: The Next Generation** New edition As the landscape melts, Alaskans must adapt if they want to survive.

9.00 **Trafficked with Mariana Van Zeller** Mariana investigates the trade in untraceable guns built from kits.

10.00 **NEW SERIES Lost Treasures of Arabia** Archaeologists try to decipher the Ancient City of Dadan's mysteries.

11.00 **Air Crash Investigation**
12.00 M'T **Airport Security: Colombia** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **When Sharks Attack**
2.30 **Prairie Dog Dynasty**
2.55 **Secrets of the Zoo: Keeper Tales** An ostrich named War.
3.20 **to 5.00** AM **Food Factory**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Strangest Things**
8.00 **American Pickers**
9.00 **Pawn Stars**
10.00 **Mystery Places**
11.00 **Storage Wars**
12.00 NOON **Mountain Men**
1.00 PM **Ultimate Mysteries**
2.00 **Lost Gold of the Aztecs**
3.00 **Salvage Kings**
4.00 **Strangest Things**
5.00 **Pawn Stars**
6.00 **American Pickers** The history of a legendary hotel.

9.00 The Curse of Oak Island

7.00 **Forged in Fire** The summer games come to an end, as the smiths put their abilities to the test against one another.

8.00 **Secrets of the Lost Ark** The team members trace the Ark's destructive path to uncover the truth behind its elusive journey.

9.00 **The Curse of Oak Island** New edition Evidence of a tunnel heading directly towards the garden shaft is discovered.

10.00 **World's Greatest Treasure Mysteries** New edition The hunt for a mother lode of treasure connected to the Atocha.

11.00 **Digging Up Britain's Past** The legend of Robin Hood.
12.00 M'T **Forged in Fire**
1.00 AM **Secrets of the Lost Ark**
2.00 **Storage Wars**
3.00 **Strangest Things**
4.00 **Salvage Kings**
5.00 **to 6.00** AM **Lost Gold of the Aztecs**

+1 hour 223 271

Yesterday

155 155 846 129 27 159

6.00 AM **Shipwreck Secrets**
8.00 **Abandoned Engineering**
9.00 **War Factories**
10.00 **The World at War**
11.00 **Secrets of the London Underground** As 7pm.
12.00 NOON **Great British Railway Journeys** Triple bill.
1.30 PM **Great British Railway Journeys Goes to Ireland**
2.00 **Bangers and Cash**
4.00 **War Factories**
5.00 **The World at War**
6.00 **Great British Railway Journeys** Double bill.

9.00 Joanna Lumley's Japan

7.00 **Secrets of the London Underground** Tim Dunn and Siddy Holloway explore the brand new Elizabeth Line. **7 PM**

8.00 **Bangers and Cash** Derek heads off to collect some vintage motorcycles in the north-east of England. **8 PM**

9.00 **Joanna Lumley's Japan** The actor heads to Shikoku hoping to gain a better understanding of Japanese Buddhism. **9 PM**

10.00 **Bangers and Cash** A near-perfect 50s Chevy panel van and a Capri tempt auctioneer Derek out of Yorkshire. **10 PM**

11.00 **Abandoned Engineering** Ruined engineering projects that have been put to alternative use, including the site of the Chernobyl disaster.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 **to 3.00** AM **Shipwreck Secrets**

+1 hour 255 217 74

Disc. History

177 257

6.00 AM **Highlights**
8.00 **Mystery at Blind Frog Ranch** Documentary.
9.00 **Combat Dealers**
10.00 **Expedition Unknown: Hunt For The Yeti**
11.00 **How the Universe...**
12.00 NOON **Shed and Buried**
1.00 PM **Combat Dealers**
2.00 **Hunt for King Arthur's Castle** Documentary.
3.00 **Greatest Events of...**
4.00 **Mysteries at the Museum** Documentary.
5.00 **Mystery at Blind Frog...**
6.00 **How the Universe...**
7.00 **Ghosts of Stonehenge**
8.00 **Combat Dealers**
9.00 **Aircrash Confidential**
10.00 **Expedition X**
11.00 **How the Universe Works**
12.00 M'T **Blowing Up History**
1.00 AM **Combat Dealers**
2.00 **Aircrash Confidential**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Greatest Events of World War II**

+1 hour 277 261

Eden

166 245

9.00 AM **Life in the Great Wetlands** Documentary.
10.00 **Wild Edens**
11.00 **David Attenborough's Natural Curiosities**
12.00 NOON **The Blue Planet**
2.00 PM **Life in the Great...**
3.00 **The Life of Mammals**
5.00 **Wild Edens**
6.00 **David Attenborough's Natural Curiosities**
7.00 **The Blue Planet**
8.00 **The Life of Mammals**
9.00 **Wild Edens**
10.00 **David Attenborough's Natural Curiosities**
11.00 **The Blue Planet**
12.00 M'T **The Life of Mammals** Carnivores.
1.00 AM **Life in the Great...**
2.00 **Wild Edens**
3.00 **David Attenborough's Natural Curiosities**
3.50 **Life in the Great...**
4.40 **Wild Edens**
5.30 **to 6.00** AM **David Attenborough's...**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Animal Fight Club**
9.00 **Kingdom of the White Wolf** Documentary.
10.00 **The Real Black Panther**
11.00 **America's Funniest Home Videos**
12.00 NOON **Snakes in the City** Documentary.
1.00 PM **Yukon Vet**
2.00 **Planet of the Reptiles**
3.00 **Mega Hammerhead**
4.00 **America's Funniest Home Videos**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Yukon Vet**
9.00 **Gordon Ramsay: Uncharted**
10.00 **Wild Florida** Documentary exploring the wildlife of the state.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Animal Fight Club**
2.00 **Planet of the Reptiles**
3.00 **Mega Hammerhead**
4.00 **to 5.00** AM **Yukon Vet**

Sky History 2

163 163 840 272

6.00 AM **Ancient Aliens**
8.00 **Treasures Decoded**
9.00 **Great Escapes with Morgan Freeman**
10.00 **Auction Hunters**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Best of Monsterquest**
3.00 **Ancient Discoveries**
4.00 **Auction Hunters**
5.00 **Great Escapes with Morgan Freeman**
6.00 **Alien Files: Unsealed**
7.00 **Ancient Aliens**
8.00 **Craig Charles: UFO Conspiracies** UFO encounters 'covered up' by the Pentagon.
9.00 **Kings of Pain**
10.00 **Secrets of the Lost Liners** The history of *The Queen Elizabeth*.
11.00 **Ancient Aliens**
1.00 AM **Treasures Decoded**
2.00 **Monsterquest**
3.00 **Alien Files: Unsealed**
4.00 **Ancient Discoveries**
5.00 **to 6.00** AM **Ancient Mysteries**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Living in Germany at War** Documentary.
9.35 **World War II Unearthed**
10.50 **Dunkirk** As 8.30pm.
11.55 **Inside Japan's War**
1.00 PM **Beautiful Serengeti**
1.30 **Living in Germany at War** Documentary.
2.40 **World War II Unearthed**
3.55 **Dunkirk** As 8.30pm.
5.00 **Inside Japan's War**
6.05 **Living in Germany at War** Documentary.
7.15 **World War II Unearthed** Dan Snow examines crashed aircraft and battle-damaged tanks.
8.30 **Dunkirk** 3/3. British troops fight to hold back the German advance.
9.40 **Inside Japan's War** The experiences of those in the occupied territories.
10.45 **World War II Unearthed**
12.00 M'T **Dunkirk** As 8.30pm.
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

156 156 837 198

6.00 AM **The First 48**
8.00 **Cold Case Files**
9.00 **Killer Britain with Dermot Murnaghan**
10.00 **Meet, Marry, Murder**
11.00 **Murdered By Morning**
12.00 NOON **Buried in the Backyard**
1.00 PM **Fear Thy Neighbour**
2.00 **Imperfect Murder**
3.00 **On the Case**
4.00 **Robbie Coltrane's Critical Evidence**
5.00 **Cold Case Files**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **Imperfect Murder**
9.00 **I Knew My Murderer**
10.00 **The Preppy Murder: Death in Central Park**
12.00 M'T **Homicide Hunter**
1.00 AM **Snapped**
2.00 **The Preppy Murder: Death in Central Park**
4.00 **Imperfect Murder**
5.00 **to 6.00** AM **Murdered By Morning**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

WEDNESDAY Films

Wednesday

Sky Cinema Premiere

301 301 848 401 501 515

6.15 AM **The Invitation** (2022)
8.15 **Bodies Bodies Bodies** (2022)
10.00 **The Independent** As 4pm.
11.50 **Where the Crawdads Sing**
2.00 PM **Summit Fever** Thriller starring Ryan Phillippe. (2022, 15, 115min) ★★
4.00 **The Independent** Drama starring Jodie Turner-Smith. (2022, 12, 108min) ★★★
5.50 **To Leslie** Drama starring Andrea Riseborough. (2022, 15, 119min) ★★★★

4.00 The Independent

8 PM

8.00 **Where the Crawdads Sing** Drama starring Daisy Edgar-Jones and David Strathairn. A young woman in the Deep South is accused of murder when her suitor is found dead. With Taylor John Smith and Harris Dickinson. (2022, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10.20 **Bodies Bodies Bodies** Horror comedy starring Amandla Stenberg and Maria Bakalova. A murder-mystery game in a remote mansion leads to a genuine slaughter. (2022, 15, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

12.10 AM **The Invitation** Horror starring Nathalie Emmanuel. (2022, 15, 105min) ★★★
2.10 **Summit Fever** As 2.00pm.
4.15 **to 6.35** AM **To Leslie** (2022)

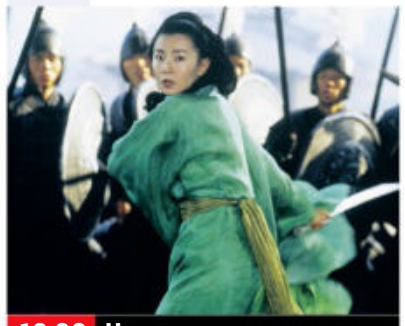
11 PM

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.25 AM **Dead Reckoning** Thriller. (2020, 15, 91min) ★★
8.05 **12 Mighty Orphans** (2021)
10.05 **The Electrical Life of Louis Wain** (2021, 12) ★★★★
12.05 PM **Meet the Fockers** Comedy. (2004, 12) ★★
2.05 **Snow White and the Huntsman** (2012, 12) ★★★
4.15 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
6.15 **Ghost Rider: Spirit of Vengeance** (2012, 12) ★★


10.00 Hero

8.00 **True Grit** Western remake starring Jeff Bridges and Hailee Steinfeld. A teenage girl seeking to avenge her father's murder turns to a drunken US Marshal for assistance. With Matt Damon. (2010, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Hero** Chinese period adventure starring Jet Li, Tony Leung, Maggie Cheung and Zhang Ziyi. In the third Century BC, a nameless county sheriff claims to have defeated three legendary assassins. Subtitled. (2002, 12, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **12 Mighty Orphans** Sports drama. (2021, 12, 118min) ★★
1.50 AM **Ghost Rider: Spirit of Vengeance** As 6.15pm.
3.35 **Hero** As shown at 10.00pm.
5.25 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Family

306 306 850 406 506 520

6.15 AM **Spy Kids 2** (2002) ★★★★
8.10 **Alvin and the Chipmunks: The Squeakquel** (2009) ★★
9.50 **The Railway Children Return** Drama. (2022, PG) ★★★
11.45 **The Mortal Instruments: City of Bones** (2013, 12) ★★★
2.05 PM **Willy Wonka and the Chocolate Factory** (1971)
4.00 **Alvin and the Chipmunks: Chipwrecked** (2011, U) ★★
5.40 **A Monster Calls** Fantasy. (2016, 12, 108min) ★★★★

7.40 The Spy Next Door

7.40 **The Spy Next Door** Comedy starring Jackie Chan, Amber Valletta and Madeline Carroll. (2010, PG, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Spy Kids 3: Game Over** Sci-fi comedy adventure starring Daryl Sabara, Alexa Vega and Sylvester Stallone. A teen agent gets caught inside a fiendish video game. (2003, U, 84min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Arthur and the Great Adventure** Fantasy adventure sequel starring Freddie Highmore and Mia Farrow. (2010, PG, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Willy Wonka and the Chocolate Factory** Fantasy. (1971, U, 100min) ★★★★
2.20 **The Prince & Me** Comedy. (2004, PG, 111min) ★★
4.20 **to 6.15** AM **Arthur and the Great Adventure** (2010)

Sky Cinema Action

307 307 851 407 507 521

6.10 AM **Blacklight** As 2.10am.
8.10 **The Last Witch Hunter** Fantasy. (2015, 12) ★★★
10.10 **Redemption Day** (2021)
12.05 PM **Monster Hunter** Fantasy. (2020, 12, 103min) ★★
2.05 **RED 2** Action comedy sequel. (2013, 12, 111min) ★★★
4.15 **Resident Evil** Sci-fi horror. (2002, 15, 100min) ★★★
6.10 **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★

6.10 Resident Evil: Apocalypse

8.00 **The Lost City** Adventure comedy starring Sandra Bullock and Channing Tatum. A novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands both in danger. With Daniel Radcliffe. (2022, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

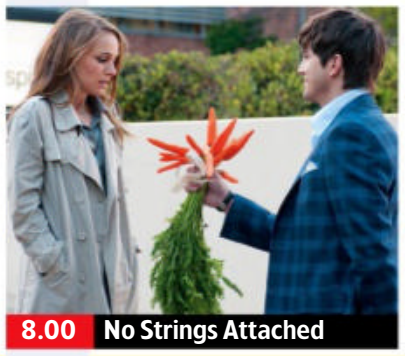
10.05 **Blade: Trinity** Comic-book adventure sequel starring Wesley Snipes, Ryan Reynolds and Jessica Biel. When a group of vampires resurrect Count Dracula, the half-human vampire hunter Blade must find a way to destroy him. (2004, 15, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Redemption Day** Thriller. (2021, 15, 99min) ★★
2.10 **Blacklight** Action thriller. (2022, 15, 104min) ★
4.10 **Sky Cinema Preview**
4.40 **to 6.40** AM **Blade: Trinity**

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **Anchorman: The Legend of Ron Burgundy** (2004)
8.35 **The Estate** (2022, 15) ★★
10.25 **My Boss's Daughter** Comedy. (2003, 12) ★
12.05 PM **Groundhog Day** Fantasy. (1993, PG, 103min) ★★★★★
2.00 **Emma** Jane Austen adaptation. (1996, U, 120min) ★★★★
4.15 **Friends with Benefits** Comedy. (2011, 15) ★★★
6.15 **The Stepford Wives** Comedy remake. (2004, 12, 93min) ★


8.00 No Strings Attached

8.00 **No Strings Attached** Romantic comedy starring Natalie Portman and Ashton Kutcher. A young man and woman agree to have a sex-only relationship, but his growing feelings for her get in the way of the deal. (2011, 15, 107min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Just Go With It** Comedy starring Adam Sandler. A plastic surgeon forces his assistant to pose as his wife and then begins to realise that he has genuine feelings for her. (2011, 12, 117min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Anchorman: The Legend of Ron Burgundy** Comedy. (2004, 12, 94min) ★★★★
2.00 **Eternal Beauty** Drama. (2019, 15, 95min) ★★★
3.40 **Me You Madness** Comedy. (2021, 15, 98min) ★
5.25 **to 6.25** AM **Sky Cinema Preview**

primetime

Sky Cinema Greats

304 304 849 404 504 518

6.00 AM **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
8.15 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★
11.40 **King Richard** Biopic. (2021, 12, 144min) ★★★★
2.10 PM **Jerry Maguire** Comedy. (1996, 15, 139min) ★★★★
4.30 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★

6.45 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
9.00 **American Beauty** Oscar-winning satirical comedy starring Kevin Spacey and Annette Bening. A middle-class suburban family begin to fall apart when the husband suffers a mid-life crisis. (1999, 18, 122min) ★★★★★
11.05 **Elvis** Biopic starring Austin Butler and Tom Hanks. (2022, 12, 159min) ★★★★

1.55 AM **Little Women** Drama starring Winona Ryder, Susan Sarandon and Gabriel Byrne. (1994, U, 114min) ★★★
4.05 **to 6.25** AM **Philadelphia** Drama starring Tom Hanks and Denzel Washington. (1993, 12, 122min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Norm of the North: King-Sized Adventure** As 11.45pm.
7.45 **Norm of the North: Family Vacation** As shown at 1.30am.
9.30 **Astro Kid** As shown at 8.40pm.
11.15 **Gnomeo & Juliet** Animation. (2011, U, 83min) ★★★
12.55 PM **The Reef 2: High Tide** Animated sequel. (2013, U) ★★
2.30 **Over the Hedge** Animation. (2006, U, 83min) ★★★★

4.00 **PAW Patrol: The Movie** Animated adventure. (2021, U, 86min) ★★★
5.30 **Mr Peabody & Sherman** Animation. (2014, U) ★★★★
7.05 **Even Mice Belong in Heaven** Animation. (2021, PG) ★★★
8.40 **Astro Kid** Animated adventure. (2019, PG, 89min) ★★★
10.15 **Rabbit Academy** Animation. (2022, U, 76min) ★★★
11.45 **Norm of the North: King-Sized Adventure** Animated comedy. (2019, U, 90min) ★★

1.30 AM **Norm of the North: Family Vacation** Animated comedy featuring the voice of Andrew Toth. (2020, U, 90min) ★
3.05 **Molly Monster** Animation. (2016, U, 72min) ★★★
4.25 **to 6.00** AM **Even Mice Belong in Heaven** As 7.05pm.

TCM Movies

315 415

6.00 AM **Hollywood's Best Directors**
8.55 **Off Set** With Michael Caine.
9.25 **A Thunder of Drums** Western. (1961, PG, 97min) ★★★
11.25 **One Spy Too Many** Adventure. (1965, PG, 101min) ★★★
1.30 PM **Chuka** Western with Rod Taylor. (1967, PG, 105min) ★★
3.40 **The Fighting Lawman** Western starring Wayne Morris. (1953, b/w, U, 71min) ★★

5.10 **Cavalry Scout** Western. (1951, PG, 78min) ★★
6.50 **Return of the Gunfighter** Western starring Robert Taylor as a gunman helping a Mexican girl avenge her parents' deaths. With Ana Martin and Chad Everett. (1966, U, 93min) ★★
9.00 **Survive The Night** Action thriller starring Bruce Willis. A disgraced doctor and his family are held hostage in their home by criminals on the run. (2020, 15, 90min) ★

10.55 **Criminal** Thriller starring Kevin Costner. (2015, 15, 113min) ★★★
1.15 AM **Teleshopping**
3.35 **Off Set** With Michael Caine.
4.00 **Close Up** Double bill.
5.00 **to 6.00** AM **Hollywood's Best...**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **The Detectives**
7.00 **The Angel Who Pawned Her Harp** Fantasy comedy. (1954, U, 76min) ★★★
8.30 **Recoil** Thriller with Kieron Moore. (1953, b/w, PG, 79min) ★★
10.00 **The Onedin Line** 11/15. (S1)
11.00 **Sailor Beware!** Comedy. (1956, b/w, U, 80min) ★★
12.40 PM **Jackpot** Crime drama. (1960, b/w, PG, 71min) ★★

2.00 **Upstairs, Downstairs** (S3)
3.00 **Saddle Up**
3.05 **Rage at Dawn** Western. (1955, U, 87min) ★★
4.50 **Saddle Up**
4.55 **The Outlaws Is Coming** Western. (1965, b/w, U) ★★
6.40 **Saddle Up**
6.45 **The Westerner** 9/13. (S1)
7.15 **Law of the Plainsman** (S1)
7.45 **Look at Life** Documentary.
8.00 **Gideon's Way** 12/26. (S1)
9.00 **Brannigan** Crime thriller. (1975, 15, 111min) ★★★

11.15 **Thieves' Highway** Drama. (1949, b/w, PG, 94min) ★★★
1.05 AM **Anna and the King** Drama starring Jodie Foster. (1999, 12, 145min) ★★★★
4.05 **to 6.00** AM **The Strange Woman** Period drama. (1946, b/w, PG, 100min) ★★★★

HorrorXtra

317 192 138

HorrorXtra programmes start at 5.00pm

5.00 PM **6-Headed Shark Attack** Thriller sequel starring Brandon Auret. (2018, 15, 86min) ★★
6.50 **This Is HorrorXtra**
7.00 **First Wave** *Tomorrow:* 21/22. The Gua manipulate Foster's mind into believing they have taken over the Earth. (S2)
8.00 **Knight Rider** *Silent Knight:* 12/24. A young thief lands himself in trouble. (S2)
9.00 **Re-Animator** Comic horror drama starring Jeffrey Combs. (1985, 18, 84min) ★★★★

10.50 **Bloodline** Psychological thriller starring Seann William Scott. (2018, 18, 97min) ★★
12.50 AM **This Is HorrorXtra**
1.00 **First Wave** As 7.00pm.
2.00 **to 3.00** AM **Knight Rider**

+1 hour 318 219 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Finding Steve McQueen**
7.50 **The Client** As 5.55pm.
9.55 **The Outfit** Crime drama. (2022, 15, 105min) ★★★
11.45 **Stillwater** Crime thriller. (2021, 15, 139min) ★★★
2.05 PM **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
3.45 **The Fifth Estate** Thriller. (2013, 15, 125min) ★★★
5.55 **The Client** Thriller with Susan Sarandon and Brad Renfro. (1994, 15, 121min) ★★★

10.00 Collateral

8.00 **The International** Thriller starring Clive Owen and Naomi Watts. An Interpol agent and a New York assistant district attorney join forces to try to bring down a corrupt international bank. (2009, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Collateral** Crime thriller starring Tom Cruise. A contract killer chooses an unwilling LA taxi driver to act as his chauffeur while he performs five hits in one night. (2004, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **2 Days in the Valley** Thriller. (1996, 18) ★★★★
2.00 **The Machinist** Thriller. (2004, 15, 102min) ★★★
3.50 **Finding Steve McQueen** Drama starring Travis Fimmel. (2019, 15, 91min) ★★★
5.35 **to 6.35** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Murder at Yellowstone...**
8.10 **North Hollywood** Comedy. (2021, 15, 93min) ★★★
9.55 **Dear John** As 10.05pm.
11.45 **Safe Haven** Romantic thriller. (2013, 12, 113min) ★★★
1.45 PM **Chicago** Musical. (2002, 12, 112min) ★★★★
3.45 **Forces of Nature** Comedy. (1999, 12, 105min) ★★★
5.35 **Forrest Gump** Whimsical fable starring Tom Hanks. (1994, 12, 136min) ★★★★

5.35 Forrest Gump

8.00 **The Hundred-Foot Journey** Comedy drama starring Helen Mirren and Om Puri. An Indian family emigrate to France to open a restaurant, leading to a feud with the proprietor of a local establishment. (2014, PG, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Dear John** Romantic melodrama starring Channing Tatum and Amanda Seyfried. A US soldier and a South Carolina college student keep their romance alive through love letters. (2010, 12, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Downton Abbey: A New Era** Period drama. (2022, PG, 124min) ★★★
2.15 AM **Murder at Yellowstone City** Western mystery. (2022, 15, 127min) ★★★
4.25 **to 7.00** AM **The Glorias** Biopic. (2020, 12) ★★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.40 AM **Ghosts of the Ozarks**
8.30 **The Haunting** (1999, 12) ★
10.25 **A Quiet Place Part II** Horror. (2020, 15, 97min) ★★★★
12.05 PM **The Conjuring** Horror. (2013, 15, 112min) ★★★
2.05 **Midnight Special** Adventure. (2015, 12, 109min) ★★★★
4.00 **Prince of Darkness** Horror. (1987, 18, 101min) ★★★
5.45 **The Conjuring 2: The Enfield Poltergeist** Horror sequel. (2016, 15, 134min) ★★★★

5.45 The Conjuring 2

8.00 **The Forever Purge** Horror sequel with Ana de la Reguera. Members of an underground movement decide to take over the United States through an unending campaign of mayhem and massacre. (2021, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Evil Dead** Horror remake starring Jane Levy and Shiloh Fernandez. (2013, 18, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Malignant** Horror starring Annabelle Wallis, Maddie Hasson and George Young. (2021, 18, 111min) ★★★★
1.30 AM **Don't Breathe 2** Horror sequel starring Stephen Lang. (2021, 15, 98min) ★★★
3.15 **Ghosts of the Ozarks** Horror starring Thomas Hobson, Tara Perry and Phil Morris. (2021, 15, 107min) ★★
5.05 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Best of 80s

302 302 856 402 502 516

6.30 AM **Young Sherlock Holmes** Fantasy. (1985, PG) ★★★
8.30 **Ferris Bueller's Day Off** Comedy. (1986, 12) ★★★★
10.30 **Stand by Me** Nostalgic drama. (1986, 15, 89min) ★★★★★
12.15 PM **Summer Rental** Comedy. (1985, PG, 88min) ★★
2.00 **Legend** As 11.35pm.
3.50 **Steel Magnolias** Comedy. (1989, PG, 115min) ★★★★
6.00 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★

6.00 Shirley Valentine

8.00 **Pretty in Pink** Comedy drama starring Molly Ringwald and Andrew McCarthy. A teenage girl from a poor background is thrown into emotional turmoil when she's asked out by a rich boy. (1986, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **My Bloody Valentine** Stalk 'n' slash horror thriller starring Paul Kelman and Lori Hallier. (1981, 18, 91min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Legend** Ridley Scott's fantasy adventure starring Tom Cruise, Mia Sara and Tim Curry. A woodland lad undertakes a perilous quest to save a kidnapped princess from the Lord of Darkness. (1985, PG, 94min) ★★★
1.25 AM **Pretty in Pink** As 8pm.
3.05 **The Cinema List: The 90s**
3.35 **My Bloody Valentine** (1981)
5.20 **to 6.20** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Ice Cold in Alex** World War Two drama. (1958, b/w, PG, 129min) ★★★★
1.40 PM **We're No Angels** Comedy. (1954, U) ★★★★
3.50 **The Caine Mutiny** Naval drama with Humphrey Bogart. (1954, U, 119min) ★★★★
6.20 **X-Men: Apocalypse** Superhero adventure sequel starring James McAvoy. (2016, 12, 144min) ★★★

6.20 X-Men: Apocalypse

X-Men: Apocalypse (film started at 6.20pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Ashton Sanders and Orson Bean. (2018, 15, 121min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.20 **Trading Places** Satirical comedy starring Dan Aykroyd and Eddie Murphy. A stuffy financier swaps places with a fast-talking hustler. (1983, 15, 116min) ★★★★★ **11 PM**
1.40 **to 4.00** AM **Girls Trip** Comedy starring Regina Hall, Queen Latifah, Tiffany Haddish and Jada Pinkett Smith. (2017, 15, 122min) ★★

+1 hour 314 430 47 301

GREAT! movies romance

319 424 52 303

6.00 AM **A Wedding to Remember** Drama. (2020, PG, 85min) ★★
8.00 **Home by Spring** Drama. (2018, PG, 83min) ★★
10.00 **A Feeling of Home** Romantic drama. (2019, PG, 90min) ★★
12.00 NOON **True Love Blooms** Drama. (2019, PG, 82min) ★★
2.00 PM **A Whirlwind Wedding** Comedy with Morgan Kohan. (2020, PG, 110min) ★★
4.00 **Hint of Love** Romantic comedy. (2020, PG, 90min) ★★
6.00 **Cooking Up Love** Romantic drama. (2020, PG, 85min) ★★
8.00 **Season for Love** Romance with Autumn Reeser. A woman returns to her home town and runs into her high-school sweetheart. (2018, PG, 110min) ★★
10.00 **Love, Once and Always** Drama starring Amanda Schull. (2018, PG, 90min) ★★
11.50 **The Seven Year Hitch** Comedy. (2012, PG, 88min) ★★
1.30 AM **A Midnight Kiss** Drama. (2018, PG, 95min) ★★
3.00 **Undercover Bridesmaid** Comedy. (2012, PG) ★★
4.30 **to 6.00** AM **All for Love** Comedy. (2017, PG) ★★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Twisted Tenant** Thriller. (2018, PG, 90min) ★★
11.00 **The Many Faces of Alice** Thriller. (2016, PG, 95min) ★★
1.00 PM **House of Deadly Secrets** Thriller. (2018, 12, 91min) ★★
3.00 **The Wrong Daughter** Thriller. (2018, 12, 89min) ★★
5.00 **Signed, Sealed, Delivered: Home Again** Mystery drama. (2017, PG, 87min) ★★
7.00 **The Art of Murder: Garage Sale Mystery** Crime drama starring Lori Loughlin and Steve Bacic. While preparing a charity garage sale, an antique store owner discovers a body in an attic, and sets out to find the killer.(2017, PG, 95min) ★★
9.00 **The Devil's Double** Violent thriller starring Dominic Cooper. An Iraqi army lieutenant becomes the body double of Saddam Hussein's eldest son. (2011, 18, 108min) ★★
11.10 **Personal Shopper** Thriller. (2016, 15, 105min) ★★★★
1.15 AM **Transsiberian** Thriller. (2008, 15, 106min) ★★★
3.40 **to 6.00** AM **Kramer vs Kramer** Drama. (1979, PG) ★★★★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **M*A*S*H** (S10&11)
7.00 **Operation Cross Eagles** Drama. (1969, U, 90min) ★★
8.40 **Shockwave** (2017, U) ★★
10.20 **War Machines** Documentary.
11.30 **Wild West Chronicles**
12.00 NOON **M*A*S*H** (S10&11)
1.00 PM **The Traitors** Spy drama. (1962, b/w, PG, 70min) ★★★
2.30 **Dragonfly Squadron** Drama. (1954, b/w, U, 83min) ★★
4.15 **Wings at War 1: Fight for Britain** Documentary.
5.20 **The Last Posse** Western. (1953, b/w, U, 73min) ★★
6.45 **Wild West Chronicles**
7.15 **Eight Iron Men** Wartime adventure with Bonar Colleano. (1952, PG, 80min) ★★★
9.00 **Son of a Gun** Crime drama with Brenton Thwaites and Ewan McGregor. A jailed Australian teenager is taken under the wing of a thief who is planning a gold heist. (2013, 15, 108min) ★★★
11.15 **Black Butterfly** Crime thriller. (2017, 15, 90min) ★★★
1.10 AM **Massacre in Rome** Drama. (1973, 15, 103min) ★★
3.15 **to 4.00** AM **Bombers of the Second World War**

+1 hour 324

Movies 24

325 419

7.00 AM **Matchmaker Christmas** Drama. (2019, PG, 90min) ★★
9.00 **Pumpkin Everything** Comedy. (2022, PG, 84min) ★★
11.00 **Charm of Love** Romantic drama. (2020, PG, 90min) ★★
1.00 PM **Girlfriendship** Comedy. (2022, PG, 84min) ★★
3.00 **Cut, Color, Murder** Mystery starring Julie Gonzalo. (2022, PG, 84min) ★★
5.00 **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
7.00 **Perfect Harmony** Comedy with James Denton. When their friends ask them to be best man and maid of honour, a man and woman find themselves falling in love. (2022, PG, 84min) ★★★
9.00 **Right in Front of Me** Romantic comedy starring Janel Parrish. The owner of a bridal styling business turns to a friend for help in impressing a handsome man. (2021, PG, 84min) ★★
11.00 **Love at Daisy Hills** Drama. (2020, PG, 90min) ★★
1.00 AM **The Baby Proposal** Comedy. (2019, PG) ★★
3.00 **to 5.00** AM **Gourmet Detective: Roux the Day** (2020, PG) ★★

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TLL LATE

8.00 PM **Live and Let Die** *ITV4* James Bond adventure starring Roger Moore. ★★★★
9.00 **Road House** *5STAR* Action drama with Patrick Swayze. ★★★
9.00 **Mercury Rising** *5Action* Thriller starring Bruce Willis. ★★★
9.00 **Man on Wire** *Sky Documentaries* Documentary about French tightrope walker Philippe Petit's daring high-wire walk between the twin towers of New York's World Trade Center in 1974. ★★★★
10.00 **Triassic Hunt** *Sky Sci-Fi* Adventure with Michael Paré. ★★
11.00 **Cobain: Montage of Heck** *Sky Documentaries* Filmmaker Brett Morgen explores the Nirvana frontman's life. ★★★★
11.15 **Wake of Death** *5Action* Crime action drama starring Jean-Claude Van Damme. ★★★
11.25 **Double Jeopardy** *5STAR* Thriller starring Ashley Judd and Tommy Lee Jones. ★★★
12.05 AM **The Elephant Man** *BBC2* David Lynch's drama starring Anthony Hopkins. ★★★★★
3.20 **The Wolfpack** *Sky Documentaries* ★★★★

WEDNESDAY Sport 15 March

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans** Views on today's early stories and a look at the back pages.
10.00 **The Football Show**
12.00 NOON **Sky Sports News**
2.00 PM **LIVE Pakistan Super League** Coverage of a qualifier match, which takes place at Gaddafi Stadium in Lahore.
6.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with the headline-makers.
7.00 **Gillette Labs Soccer Special** Updates on the evening's football up and down the country.
7.30 **LIVE EFL Sunderland v Sheffield United.** Coverage of the Championship encounter, which takes place at Stadium of Light. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
5.00 **to 6.00** AM **LIVE Ladies European Tour Golf** Coverage from the opening day of the Aramco Team Series event from Laguna National in Singapore, which serves as the first event of the series.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** A chance to look back at a dramatic 2020-21 season.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 15/16**
5.00 **Premier League 100 Club**
6.00 **Premier League Legends** A profile of Peter Schmeichel.
6.30 **Premier League Stories**
7.00 **Gillette Labs Soccer Special** A look at the evening's football up and down the country, with updates from around the grounds.
10.15 **Premier League Stories**
10.45 **PL Greatest Games** Wigan Athletic v Arsenal from 2010.
11.00 **Premier League Highlights**
11.30 **Premier League Stories**
12.00 M'T **Premier League Icons**
1.00 AM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL**
9.00 **EFL Greatest Games**
10.00 **Retro League One** A chance to see Swindon Town v Sheffield United in the 2015 play-off semi-final second-leg match.
12.00 NOON **EFL Highlights**
12.30 PM **WSL** Arsenal v Reading.
1.00 **Soccer AM: The Best Bits**
1.30 **EFL Goals: Leagues 1 & 2**
2.00 **Bundesliga Highlights Show**
3.00 **EFL Highlights**
3.30 **WSL** Arsenal v Reading.
4.00 **EFL Highlights** Action from Wigan Athletic v Coventry City.
4.15 **Soccer AM: The Best Bits**
4.45 **EFL Highlights**
6.30 **EFL Goals: Leagues 1 & 2**
7.00 **WSL** Arsenal v Reading.
7.30 **LIVE EFL Sunderland v Sheffield United.** Coverage of the Championship encounter, which takes place at Stadium of Light. Kick-off **8.00pm**.
10.30 **EFL Goals: Leagues 1 & 2**
11.00 **EFL Highlights**
12.00 M'T **Championship Season Review** The 2013/14 campaign.
1.00 AM **EFL Cup Retro**
3.45 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Pakistan Super League**
10.00 **WPL** Action from Mumbai Indians v Gujarat Giants.
11.00 **Pakistan Super League**
12.55 PM **WPL** Action from Mumbai Indians v Gujarat Giants.
1.50 **LIVE WPL UP Warriorz v Royal Challengers Bangalore.** Coverage of the match at DY Patil Sports Academy in Mumbai.
6.00 **Talking Cricket** Double bill.
7.00 **Pakistan Super League** Multan Sultans v Lahore Qalandars: A chance to see last year's final.
8.00 **Pakistan Super League** Action from a qualifier match.
9.00 **WPL** Action from UP Warriorz v Royal Challengers Bangalore.
10.00 **Pakistan Super League** Action from a qualifier match.
11.00 **WPL** Action from UP Warriorz v Royal Challengers Bangalore.
12.00 M'T **Pakistan Super League**
4.10 AM **Best of the Women's World T20** England v New Zealand in the 2009 final.
4.25 **Best of the ICC Women's World Cup** Highlights of England v Sri Lanka from 2013.
4.40 **1999: England's Rock Bottom**
5.00 **to 6.00** AM **WPL**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **PGA Tour Golf**
9.00 **Ladies European Tour Golf**
10.00 **The Players Championship**
11.00 **How the 2006 Ryder Cup Was Won** The best moments
1.00 PM **The Players Championship**
2.00 **The Players Championship Official Film** Action from 1974.
3.00 **PGA Champs 1999**
4.00 **The Open Films: Woods 2000**
5.00 **Roots: Paul Lawry**
5.30 **Golf's Greatest Holes**
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **Arnold Palmer Invitational**
8.00 **PGA Tour Champions**
9.00 **The Players Championship**
10.00 **PGA Tour Champions Learning Centre** Fitness and lifestyle advice.
10.30 **PGA Tour: The Cut**
11.00 **PGA Tour Champions**
12.00 M'T **Arnold Palmer Invitational**
12.30 AM **PGA Tour Champions Learning Centre**
1.00 **PGA Tour: The Cut**
1.30 **PGA Tour Champions**
2.30 **PGA Tour Champions Learning Centre** Tips for your game.
3.00 **PGA Tour Golf**
5.00 **to 6.00** AM **LIVE Ladies European Tour Golf**

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **ESPN FC** Football news.
6.30 **Premier League Stories**
7.00 **WWE Monday Night Raw**
9.30 **Ligue 1 Highlights**
10.30 **Test Cricket Highlights**
12.30 PM **Hockey** Germany v Australia.
1.30 **LIVE Hockey India v Australia.** The Men's FIH Hockey Pro League encounter from Rourkela, India. Push-back **1.40pm**.
3.30 **Premier League Stories**
4.00 **Serie A – Full Impact**
4.30 **Premier League**
6.00 **The Football's On**
7.00 **LIVE UEFA Champions League Real Madrid v Liverpool.** The last-16 second-leg encounter at Santiago Bernabeu. Kick-off **8.00pm**.
10.30 **UEFA Champions League Tonight** Key talking points.
11.30 **The Football's On**
12.30 AM **BT Sport Films**
2.15 **Hockey** India v Australia.
3.15 **UFC Countdown**
4.15 **Fight Week** UFC 286 preview.
4.45 **The Dan Hardy Breakdown Show** A look ahead to UFC 286.
5.15 **The WRC Magazine**
5.45 **to 6.00** AM **BT Sport Goals Reload**

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **UEFA Champions League**
8.00 **UEFA Europa League & Conference League Magazine**
9.00 **ESPN FC** Football news.
9.30 **Serie A** Recent highlights.
2.30 PM **ESPN FC** Football news.
3.00 **UEFA Champions League**
5.00 **WWE SmackDown Highlights**
6.00 **WWE Raw Highlights**
7.00 **ESPN FC** Football news.
7.30 **LIVE UEFA Champions League Napoli v Eintracht Frankfurt.** Coverage of the last-16 second-leg match, held at Stadio Diego Armando Maradona. Kick-off **8.00pm**.
10.15 **The Football's On** A humorous look at the week's football stories with Ian Stone and guests.
11.15 **Fight Week**
11.45 **The Dan Hardy Breakdown Show** A look ahead to UFC 286.
12.15 AM **UFC** Profile of Leon Edwards.
12.45 **Premier League Reload**
1.00 **UEFA Champions League**
3.00 **The Football's On**
4.00 **UEFA Europa League & Conference League Magazine**
5.00 **Serie A – Full Impact**
5.30 **to 6.00** AM **A-League Highlights**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **Badminton Unlimited**
6.15 **Gallagher Premiership Rugby Highlights** Recent action.
7.45 **Badminton** Action from the finals of the German Open.
9.45 **Badminton Unlimited**
10.00 **LIVE Badminton** The last-32 of the Yonnex All England, a BWF Super 1000 event, staged at Utilita Arena in Birmingham.
7.15 PM **LIVE EuroCup Basketball London Lions v Promitheas Patras.** Coverage of the Group B match, taking place at Copper Box Arena. Tip-off **7.30pm**.
9.30 **UFC Countdown** A look ahead to UFC 286, which will be headlined by Leon Edwards v Kamaru Usman for the UFC welterweight title.
10.30 **LIVE NCAA Basketball Tournament** A First Four match in the NCAA tournament.
1.00 AM **LIVE NCAA Basketball Tournament** A First Four fixture in the NCAA tournament.
3.30 **Hockey** India v Australia in the Men's FIH Hockey Pro League.
4.30 **to 6.00** AM **Gallagher Premiership Rugby Highlights**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Netball Superleague** Team Bath v Surrey Storm.
8.00 **The Rugby Championship** Australia v New Zealand from September 2022.
10.30 **The Rugby Championship** Highlights of Argentina v New Zealand from 2016.
11.00 **Good Morning Football**
2.00 PM **Top Rank Boxing Archive** Highlights of Erik Morales v Marco Barrera from 2000. **3.15** Another chance to see the bout between Marvin Hagler and Sugar Ray Leonard from 1987. **4.30** Highlights of Marvin Hagler v Thomas Hearns from 1985.
5.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present.
7.00 **Premier League Darts** Another chance to see the sixth night of the tournament in Liverpool.
10.30 **Betfred Super League Highlights** Top-flight action.
11.00 **Total Access**
12.00 M'T **NFL Bitesize Highlights**
1.00 AM **Fight Night International** Vasiliy Lomachenko v Richard Commey from December 2021.
2.00 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **My Icon** Double bill.
8.00 **Formula 1** Bahrain Grand Prix.
9.00 **NBA Basketball** Philadelphia 76ers v Washington Wizards.
11.00 **Test Cricket**
12.00 NOON **Formula 1** Highlights of the Bahrain Grand Prix.
1.00 PM **Betfred Super League**
1.30 **My Icon** Double bill.
1.50 **LIVE Pakistan Super League** Coverage of a qualifier match from Gaddafi Stadium in Lahore.
6.00 **Talking Cricket**
6.30 **NBA on Fire** The latest news.
7.00 **Fight Night International** George Kambosos Jr v Devin Haney from June 2022.
8.00 **Fight Night International** Devin Haney v George Kambosos Jr from October 2022.
9.00 **The Players Championship** Day four at TPC Sawgrass.
10.00 **Premier League Stories**
10.30 **Test Cricket**
11.30 **Pakistan Super League**
12.30 AM **Premier League Stories**
1.00 **Formula 1** Bahrain Grand Prix.
2.00 **Premier League Darts**
5.30 **to 6.00** AM **NBA on Fire**

BT Sport 4

423 423 876 | 530 | 411 434

6.00 AM **ESPN SportsCenter**
6.15 **Around the Horn**
6.45 **Pardon the Interruption**
7.15 **ESPN SportsCenter**
7.30 **Badminton Unlimited**
7.45 **Badminton** Action from the finals of the German Open.
9.45 **Badminton Unlimited**
10.00 **LIVE Badminton** Coverage of the last-32 of the Yonex All England, a BWF Super 1000 event , which takes place at Utilita Arena in Birmingham.
8.30 PM **BT Sport Reload** The best of BT Sport over the last week.
9.00 **WWE NXT**
10.45 **WWE Raw Highlights**
11.45 **WWE NXT UK Classics**
12.45 AM **ESPN SportsCenter**
1.00 **Fight Week** UFC 286.
1.30 **The Dan Hardy Breakdown Show** A look ahead to UFC 286.
2.00 **MLB** From the 2022 season.
3.00 **Test Cricket Highlights**
5.00 **to 6.00** AM **Ligue 1 Highlights**

Eurosport 1

410 410 868 | 521 | 412 435

6.55 AM **Alpine Skiing**
8.45 **LIVE Alpine Skiing** The downhill events from Andorra.
11.30 **LIVE Cycling: Nokere Koerse** Women's one-day race in Belgium.
1.00 PM **Sailing: The Ocean Race**
1.35 **LIVE Cycling: Milano-Torino** The men's one-day race in Italy.
3.15 **LIVE Cycling: Nokere Koerse** Men's one-day race in Belgium.
4.45 **Alpine Skiing**
5.40 **Cycling: Tour of Taiwan**
6.10 **LIVE Ski Jumping** Coverage from Lillehammer, Norway.
7.15 **Alpine Skiing** In Soldeu, Andorra.
8.10 **Ski Jumping** In Lillehammer.
9.05 **FIA World Endurance Championship**
11.05 **Cycling: Nokere Koerse**
12.00 M'T **Cycling: Milan-Torino**
1.00 AM **Cycling: Nokere Koerse**
2.00 **Alpine Skiing**
4.00 **Ski Jumping**
5.00 **to 6.55** AM **Snooker: Six-Red World Championship**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Ski Jumping** In Lillehammer.
7.00 **The Judo Show**
8.00 **FIA World Endurance Championship**
10.00 **Cycling** Recent highlights.
11.30 **Freestyle Skiing**
11.50 **LIVE Snowboarding** Coverage from Cortina d'Ampezzo, Italy.
1.30 PM **Powerboat Racing World Championship**
2.00 **Show Jumping**
3.00 **Best of Slalom 2022**
3.10 **Best of Super G 2022**
3.20 **LIVE Ski Jumping** Coverage from Lillehammer in Norway.
5.15 **FIA World Endurance Championship**
6.15 **Discovery Golf**
6.45 **Athletics: Tokyo Marathon**
8.00 **Cycling** Recent highlights.
11.00 **Alpine Skiing**
1.00 AM **Ski Jumping**
2.00 **Cycling: Nokere Koerse**
4.00 **Motocross World Championship**
5.00 **to 6.00** AM **Alpine Skiing**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Betfred Super League Highlights** Top-flight action.
7.30 **Premier League Darts**
11.00 **NBA Basketball**
1.00 PM **Fight Night International**
3.00 **Netball Superleague** Team Bath v Surrey Storm.
5.00 **NBA on Fire** The latest news.
5.30 **NBA Basketball** Another chance to see Golden State Warriors v Milwaukee Bucks.
7.30 **My Icon** Chris Hughton.
7.40 **LIVE EFL Hull City v Burnley.** The Championship match at MKM Stadium. Kick-off **7.45pm**.
9.45 **Betfred Super League Highlights** Action from Wigan Warriors v Catalans Dragons.
10.00 **Fight Night** Amir Khan v Kell Brook from February 2022.
11.00 **Fight Night International**
12.00 M'T **NBA Basketball**
2.00 AM **Premier League Darts**
5.30 **to 6.00** AM **Jason Robinson: Tackling Diversity**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** As shown at 7pm.
12.00 NOON **Formula 1**
1.00 PM **Formula 1**
2.00 **Formula 1** Action from the 2021 Saudi Arabian Grand Prix. **3.00** Action from the 2022 Saudi Arabian Grand Prix. **4.00** Highlights of the Bahrain Grand Prix from Sakhir.
6.15 **The Notebook**
6.45 **F1 Feature**
7.00 **Formula 1** Action from the 2021 Saudi Arabian Grand Prix, the 21st round of the season. **8.00** Action from the 2022 Saudi Arabian Grand Prix, the second round of the season from Jeddah Corniche Circuit. **9.00** The Bahrain Grand Prix, the first round of the season in Sakhir.
11.15 **The Notebook**
11.45 **F1 Feature**
12.00 M'T **Formula 1** As shown at 8pm.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Thursday

16 March

Evening Planner

Entertainment

Strictly Fitness Challenge
BBC1, from 9.15am & BBC iPlayer
Gethin Jones attempts a 24-hour dance marathon for Comic Relief, starting on *Morning Live* and continuing on iPlayer.

Documentary

Nazanin
C4, 9pm
Following the family of journalist Nazanin Zaghari-Ratcliffe as they campaigned for her release from detention in Iran.

Drama

A Town Called Malice
Sky Max & Sky Showcase, 9pm
Set in the early 1980s, with a brilliant soundtrack to match, the Lord family head to the Costa del Sol for a new start.

OnDemand

itvX

Bali 2002
Available today
Four-part fact-based drama about the heroes that emerged following the 2002 terrorist attacks in Bali.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	
102 BBC2	7.00 Saving Lives at Sea		8.00 Great British Menu		9.00 Murder in the Pacific		10.00 The Apprentice...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 The Martin...	9.00 Cold Case Detectives		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 The Dog House		9.00 Nazanin			10.30 Gogglebox
105 CHANNEL 5	7.00 World's Most Scenic River Journeys		8.00 Isle of Wight: Jewel of the South		9.00 A Country Life for Half the Price with...		10.00 Killer at the Crime Scene	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 The 80s: Cinema's Greatest Decade		9.00 A Town Called Malice		10.10 Funny Woman	
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 MOTDx	8.30 MOTD World...	9.00 Life and Death Row		10.00 Tonight with Target	
116 BBC4	7.00 Great British...	7.30 The Yorkshire...	8.00 Michael Caine: Acting in Film		9.00 Film: The Ipcress File			
118 ITV2	7.00 The Masked Singer US		8.00 Superstore		9.00 Loaded in Paradise		10.00 Family Guy	
136 MORE4	◂ 6.55 Escape to the Chateau: DIY	7.55 Grand Designs			9.00 24 Hours in A&E		10.00 999: What's Your Emergency?	
135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Celebrity SAS: Who Dares Wins USA		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 9-1-1: Lone Star		9.00 The Rookie		10.00 Blue Bloods	
108 SKY ATLANTIC	◂ 6.50 Yellowjackets	7.55 Game of Thrones			9.00 Billions			10.15 The Last of Us
110 GOLD	◂ 6.40 Dad's Army		8.00 The Good Life			9.20 The Young Ones		10.10 Knowing Me, Knowing You...
111 DAVE	7.00 House of Games	7.40 Room 101		8.20 Would I Lie to You?	9.00 QI XL		10.00 Late Night Mash	
119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 DI Ray	
120 ITV4	7.00 The Chase Celebrity Special		8.00 Junk and Disorderly		9.00 Film: The Man with the Golden Gun			
112 COMEDY CENTRAL	7.00 Friends				9.00 South Park			
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Star Trek: Voyager		9.00 Film: The Last Witch Hunter			
113 SKY MAX	7.00 Stargate SG-1		8.00 The 80s: Cinema's Greatest Decade		9.00 A Town Called Malice		10.10 Funny Woman	
132 ALIBI	7.00 Person of Interest		8.00 Death in Paradise		9.00 Murdoch Mysteries		10.00 Good Cop	
130 SKY ARTS	7.00 The Story of British Cinema: The Pioneer Years			8.30 The Cavern Club: The Beat Goes On			10.00 The Movies	
DOCUMENTARY								
125 DISCOVERY	7.00 Kindig Customs		8.00 Dive Wars Australia		9.00 Naked and Afraid			
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Meet the Orangutans		9.00 Meet the Penguins		10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.		9.00 Wicked Tuna: Outer Banks Showdown		10.00 Alaska: The Next Generation	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Pawn Stars Do America		9.00 Forged in Fire			
155 YESTERDAY	7.00 Secrets of the London Underground		8.00 Bangers and Cash		9.00 Hornby: A Model World		10.00 Bangers and Cash	
121 SKY DOCS	7.00 Escobar by Escobar		8.00 The Vow		9.00 I Am Patrick Swayze			
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.55 To Leslie		8.00 Bodies Bodies Bodies			9.50 Where the Crawdads Sing		
303 HITS	◂ 6.15 Away We Go		8.00 Focus				10.00 Pineapple Express	
304 OSCARS	◂ 5.50 Philadelphia		8.00 Elvis					
305 ANIMATION	◂ 5.40 Pil's...	7.25 Lego Scooby-Doo!: Haunted Hollywood			8.55 The Adventures of Tom Thumb and Thumbelina			10.15 Cranston Academy...
306 FAMILY		7.10 Charlie and the Chocolate Factory			9.10 Nanny McPhee			
307 ACTION	◂ 6.10 The Dark Tower		8.00 Uncharted				10.00 The Raid	
308 COMEDY	◂ 6.05 Ted		8.00 Ted 2				10.00 Napoleon Dynamite	
309 THRILLER	◂ 5.55 Collateral		8.00 The Family				10.00 The Fugitive	
310 DRAMA	◂ 5.50 Downton Abbey: A New Era		8.00 Operation Mincemeat					10.10 A Beautiful Mind
311 SCI-FI	◂ 5.50 Snowpiercer		8.00 Monster Hunter				10.00 Escape from LA	
302 BEST OF 80S	◂ 5.50 Batman		8.00 Top Gun				10.00 Pet Sematary	
313 FILM4	◂ 6.55 Hampstead				9.00 Hitman			
315 TCM MOVIES	◂ 5.25 Battle of the Bulge				9.00 Exit Wounds			
SPORT								
401 MAIN EVENT	◂ 6.00 PGA Tour...	7.30 Betfred Super League – Live: Castleford Tigers v Leeds Rhinos (Kick-off 8.00)						10.30 Back Pages...
402 PREMIER LEAGUE	7.00 PL – Big Interview	7.30 PL Stories	8.00 PL Highlights	8.30 Soccerbox	9.00 PL – Big Interview	9.30 PL Stories	10.00 Premier League Highlights	
403 FOOTBALL	7.00 Women's...	7.30 Women's...	8.00 EFL Highlights		9.00 Bundesliga...	9.30 Inside the WSL	10.00 Women's...	10.30 Women's...
404 CRICKET	7.00 Talking Cricket		8.00 Pakistan Super League		9.00 WPL		10.00 One-Day International Cricket	
413 BT SPORT 1	◂ 5.00 UEFA Europa League – Live: Real Betis v Manchester United (Kick-off 5.45); Real Sociedad v AS Roma						10.00 Test Cricket – Live	
414 BT SPORT 2		7.15 UEFA Europa League – Live: Arsenal v Sporting Lisbon (Kick-off 8.00)						10.30 UEFA Europa...

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Crimewatch Live** New edition (S)
10.45 **Critical Incident** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Doctors** Nina helps a patient whose carer is ill. (S)(AD)
2.15 **Jay Blades' Home Fix** How to make a closet organiser. (S)(R)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **Antiques Road Trip** New edition Natasha Raskin Sharp and Philip Serrell go treasure hunting around Scotland. (S)
4.30 **Bridge of Lies** Game show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Dragons' Den

7 PM

7.00 The One Show
Jermaine Jenas and Rylan present the topical show. (S)

7.30 EastEnders
Heartbroken Jay cannot believe Lola thinks he is capable of cheating. (S)(AD)

8 PM

8.00 Dragons' Den
New edition 11/14. An Olympic athlete hopes for a podium finish for her figure skating clothing brand, and a vacuum attachment to combat dust from drilling aims to suck in the Dragons' cash. (S)(AD)

9 PM

9.00 The Apprentice
New edition 11/12. Some familiar faces return to interrogate the business plans of the final five candidates. (S)
■ *The Apprentice: You're Fired* follows on BBC2

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Question Time
Fiona Bruce chairs the topical debate, inviting a panel of politicians in Warwickshire to answer questions. (S)

11.40 **Newscast** BBC journalists including Adam Fleming and Chris Mason host a round-up of political events from Westminster. (S)
12.10 AM **Have I Got News for You** Richard Ayoade hosts, with guests Maisie Adam and Justin Webb joining team captains Paul Merton and Ian Hislop. (S)(R)
12.40 **Celebrity Mastermind** (S)(R)
1.10 **Bill Bailey: Larks in Transit** (S)(R)
2.10 **Weather for the Week Ahead** (S)
2.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Bargain Hunt** (S)(R)(AD)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Digging for Britain** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Eggheads** Quiz show. (S)(R)
2.45 **Hairy Bikers' Best of British** (R)
3.30 **Land of the Lost Wolves** (S)(R)
4.30 **Priceless Antiques Roadshow** (R)
5.00 **Flog It!** From South Wales. (S)(R)
6.00 **Richard Osman's House of Games** With guests Olga Koch, Reeta Chakrabarti, Andrew Maxwell and Gareth Thomas. (S)(R)
6.30 **Coast to Coast Food Festival** New edition Sean Fletcher and Edith Bowman visit the food festival in Cockermouth, Cumbria, and get tips on homemade pitta bread from a *MasterChef* winner. (S)

9.00 Murder in the Pacific

7.00 Saving Lives at Sea
On Ireland's south-east coast, the three RNLI crews at Dunmore East, Kilmore Quay and Rosslare battle to save a cargo ship that has lost power and is drifting towards rocks. (R)

8.00 Great British Menu
New edition 21/24. The two highest scoring chefs from Northern Ireland cook their six-course menus again with guest judge Oliver Jeffers helping to decide which chef will make it to the final. (S)

9.00 Murder in the Pacific
Series finale 3/3. In the final part of the story, we hear from the bomber, how he came to plant the bombs on the Greenpeace ship, *Rainbow Warrior*, and how he escaped New Zealand afterwards. (S)

10.00 The Apprentice: You're Fired
New edition Tom Allen talks to the latest candidate to leave the competition, with a panel of celebrity fans and experts. (S)
10.30 Newsnight (S)

11.10 **Weather** (S)
11.15 **Slammed: The Seventies** 3/3. Series finale Expectation levels are at an all-time high when the Welsh players return home. (S)(AD)
12.15 AM **Saving Lives in Leeds** (S)(R)
1.15 **Sign Zone: The Warship – Tour of Duty** Documentary. (S)(R)(AD)
2.15 **Sign Zone: Rip Off Britain – Holidays** Travel tips. (S)(R)
3.00 **Sign Zone: Scarlett's Driving School** Documentary. (S)(R)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat and lifestyle features. (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 LIVE **Racing: Cheltenham Festival** Ed Chamberlin presents coverage of day three of the prestigious festival, including the 2.50 Ryanair Chase and 3.30 Stayers Hurdle, plus races at 1.30, 2.10 and 4.10. (S)
4.30 **Tipping Point: Best Ever Finals** New edition Some of the show's most dramatic endgames. (S)
5.00 **The Chase** Quiz show presented by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Cold Case Detectives

7.30 Emmerdale
Marshall seems confused, Charles puts his foot in it with Naomi, and Jimmy opens up at the man club meeting. (S)(AD)

8.30 The Martin Lewis Money Show
New edition The cash expert is on hand with the latest analysis, finding out how the Chancellor's spring budget is likely to affect personal finances. (S)

9.00 Cold Case Detectives
New edition 2/3. Detectives interview a fresh witness who could identify the killer of young Cardiff girl, Carol Ann Stephens, in a 60-year-old murder case. (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)

11.10 **Morse and the Last Endeavour** Documentary marking the end of the line for the Oxford detective, exploring the huge global appeal of the original *Inspector Morse* series and its spin-offs. (S)(R)(AD)
12.10 AM **Wrestling: AEW Rampage** High-flying wrestling action. (S)(R)
1.10 **Shop: Ideal World**
3.00 **Unforgotten** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Bling** (S)(SL)(R)

+1 hour 203 | 114 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **Countdown** (S)(R)
6.50 **3rd Rock from the Sun** (S)(R)(AD)
7.40 **The King of Queens** (S5) (S)(R)
9.00 **Frasier** 13-15/24. (S4) (S)(R)(AD)
10.30 **Undercover Boss USA** (S)(R)
11.25 **News** (S)
11.30 **Emergency Helicopter Medics** (R)
12.30 PM **Steph's Packed Lunch** New edition Magazine. (S)
2.10 **Countdown** New edition (S)
3.00 **Tool Club** New edition Jane and Sophie jazz up some plant pots. (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition (S)
5.30 **Come Dine with Me** New edition Trainee nurse Brilliance is the next to host in Huddersfield. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** Peri breaks down to Nadira at the hospital as the pair confide in one another. (S)(AD)

9.00 Nazanin

7.00 News (S)

7.55 The Political Slot
The Conservative Party's vision for Scotland's new freeports. (S)

8.00 The Dog House
5/8. Two very different puppies are offered to Sonia and Andy and their two little girls, and Lurcher Manuel is potentially paired with paramedic Luke and partner Kath. (S)(R)(AD)

9.00 NEW Nazanin
Documentary about Nazanin Zaghari-Ratcliffe, the British-Iranian charity worker arrested at Tehran airport in 2016 and accused of spying. Her husband Richard juggled a media and political campaign to free his wife while raising their daughter alone. (S)(AD)

10.30 Gogglebox
The armchair critics are back to tuck into their takeaways while sharing their thoughts on the best of the week's TV and streaming output. (S)(R)(AD)

11.35 **Gogglebox** (S)(R)(AD)
12.35 AM **Sex Actually with Alice Levine** Documentary. (S)(R)(AD)
1.25 **Kitchen Nightmares USA** (SL)(R)
2.15 FILM **The Keeping Room** Western starring Brit Marling. (S)(SL) (2014, 15, 95min) ★★★★
3.50 **Couples Come Dine with Me** (R)
4.40 **Jamie: Keep Cooking and Carry On** Puff pastry. (S)(SL)(R)(AD)
5.05 **Kirstie's House of Craft** (S)(R)
5.15 **to 6.10** AM **Location, Location, Location** (S)(R)

+1 hour 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.55 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.45 PM **GPs: Behind Closed Doors** Documentary. (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **The House on the Hill** Thriller starring Samaire Armstrong and Rob Mayes. (S) (2019, 12, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Following Uncle Ron, a Yorkshire expat, as he opens his latest bar. (S)(R)(AD)
5.00 **News** (S)
6.00 **Big Road Rescue: Emergency Call Out** Motor racing fanatic Merrie may have landed her dream job when she attends a broken down lorry. (S)(R)(AD)
6.55 **News** (S)

8.00 Isle of Wight: Jewel of the...

7.00 **World's Most Scenic River Journeys** 3/6. Bill Nighy narrates a journey down the river Po across northern Italy, from the snow-capped Alps to the Adriatic Sea. (S)(R)
7.55 **News** (S)
8.00 **Isle of Wight: Jewel of the South** New edition 3/4. The island's High Sheriff, Kay Marriott, attends the annual Steam Fair where she tries her hand at Morris dancing with the Oyster Girls. (S)
9.00 NEW SERIES **A Country Life for Half the Price with Kate Humble** 1/2. The presenter joins families moving to pastures new, meeting Pete and Sharon who are relocating from Bristol to Orkney. (S)
10.00 **Killer at the Crime Scene** After a 17-year-old is found dead, the authorities' first lead is a sloppy attempt by the killer to stage the death as a suicide. (S)(R)
11.00 **The Philpott Fire: What Happened Next** The arson attack that killed six children. (R)
12.30 AM **999: Criminals Caught on Camera** Documentary. (S)(R)
1.20 **LeoVegas Live Casino Show**
3.20 **Entertainment News** (S)
3.25 **World's Busiest Train Stations** Double bill. (S)(R)
5.05 **to 5.55** AM **Railways That Built Britain** (S)(SL)(R)(AD)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Wildlife Rescue New Zealand** Documentary. (S)(R)(AD)
9.00 **Nothing to Declare** (S)(R)
10.00 **Supergirl** 8/19. (S5) (S)(R)
11.00 **NCIS: Los Angeles** (S11) (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
2.00 **S.W.A.T.** 10/22. (S5) (S)(R)(AD)
3.00 **Gangs of Lemur Island** (S)(R)
4.00 **Futurama** (S)(R)
5.00 **The Simpsons** (S)(R)
5.30 **The Fresh Prince of Bel Air** *Will's Misery:* 6/25. Will finds the woman of his dreams. (S)(R)
6.00 *Father Knows Best:* 7/25. Ashley secretly transfers to a different school. (S5) (S)(R)
6.30 **The Simpsons** *A Hunka Hunka Burns in Love:* Mr Burns prepares to get married. (S)(R)

9.00 A Town Called Malice

7.00 **The Simpsons** *The Blunder Years:* Homer is hypnotised and recalls a childhood trauma. (S)(R)
7.30 *Brawl in the Family:* Homer's Las Vegas showgirl 'wife' turns up. With the guest voice of Delroy Lindo. (S)(R)
8.00 **The 80s: Cinema's Greatest Decade** A look back at the stand-out movies of the 1980s, from coming-of-age classics to blockbusters. (S)(R)
9.00 NEW SERIES **A Town Called Malice** *I Want to Know What Love Is:* 1/8. The son of a South London criminal family and his fiancée are forced to flee to the Costa del Sol. (S1) *See feature, page 4.*
■ Entire series on Sky Box Sets
10.10 **Funny Woman** Series finale 6/6. The team reunite to record a triumphant last show, but there are surprises still in store for Barbara. (S1)
■ Entire series on Sky Box Sets
11.10 **Brassic** 5/6. After McCann orders them to sell the weed they have grown, Vinnie and the lads throw a music festival in Jim's field. (S2) (S)(R)(AD)
12.10 AM **NCIS: Los Angeles** (S)(R)
1.10 **The Force: North East** (S)(R)
2.10 **Road Wars** (S)(R)
3.05 **Hawaii Five-0** (S3) (S)(R)
4.00 **S.W.A.T.** 10/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **951**, Virgin **862**, Freesat **960**
11.15am Bargain Hunt **12.00noon-1.00pm** First Minister's Questions
N. IRELAND
Sky **953**, Virgin **863**, Freesat **957**
10.40pm The View **11.20** Question Time **12.20am** Newscast **12.55-1.10am** The Chronicles of Erne
WALES
Sky **952**, Virgin **864**, Freesat **964**
7.00-7.30pm Six Nations Sin Bin **12.10am** Dark Land: Hunting the Killers **12.50** Have I Got News for You **1.20** Celebrity Mastermind **1.50-6.00am** BBC News

BBC2

N. IRELAND
Sky **972**, Freesat **969**
11.15pm Betty Boothroyd: Call Me Madam **12.05am** Slammed: The Seventies **1.05-1.15am** Suzie Lee: Home Cook Hero
WALES
Sky **971**, Freesat **971**
7.00pm The One Show **7.30-8.00** Everyday Baking **11.15pm-12.15am** Slammed: The Seventies

ITV1

As main ITV1 except:
ANGLIA
10.45-11.10pm Anglia Late Edition
BORDER/TYNE TEES
10.45-11.10pm Around the House
LONDON
10.45-11.10pm The Late Debate
CENTRAL
10.45-11.10pm Central Lobby
GRANADA
10.45-11.10pm The Granada Debate
MERIDIAN
10.45-11.10pm The Last Word
WALES
10.45-11.10pm Coast & Country
WEST/WESTCOUNTRY
10.45-11.10pm The Westcountry Debate
YORKSHIRE
10.45-11.10pm Last Orders

S4C

Sky **134**, Virgin **166**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion **12.05pm** Sain Ffagan **12.30** Heno **1.00** Pen/Campwyr **1.30** Y Byd ar Bedwar **2.00** Newyddion **2.05** Prynhawn Da **3.00** Newyddion **3.05** Corau Rhys Meirion **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cheer am Byth **6.30** Bois y Pizza: Chwe' Gwlad **6.57** Newyddion **7.00** Heno **7.30** Newyddion **8.00** Pobol y Cwm **8.25** Rownd a Rownd **8.55** Newyddion **9.00** Jonathan **10.00** Curadur **10.30** Am Dro! **11.30pm-12.05am** Galw Nain Nain Nain

BBC3

115/117/141 | 107/157 | 23 109 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear**
7.55 **The Catch Up**
8.00 **MOTDx** Football discussion presented by Jermaine Jenas.
8.30 **MOTD World Cup Top 10: Greatest World Cup Goals** Gary Lineker, Alan Shearer and Micah Richards pick their favourites.
9.00 **Life and Death Row** Capital punishment through the eyes of young people.
10.00 **Tonight with Target** Series finale 6/6. DJ Target casts a satirical eye over the week's news stories. Co-host Remi Burgz meets some of the biggest names in music.
10.50 NEW **1Xtra: Hot for 2023** A look at the artists tipped to make waves.
11.40 **MOTDx** Football discussion.
12.10 AM **MOTD World Cup Top 10: Greatest World Cup Goals** As 8.30pm.
12.40 **Brickies** Documentary.
1.10 **Life and Death Row**
2.10 **Tonight with Target**
2.55 **to 3.55** AM **Go Hard or Go Home**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael reaches Bodmin en route to Totnes.
7.30 **The Yorkshire Dales** Paul Rose explores Wharfedale.
8.00 **Michael Caine: Acting in Film** The Oscar-winner teaches a workshop on the art of movie acting.
9.00 FILM **The Ipcress File** Vintage spy thriller based on the novel by Len Deighton, starring Michael Caine and Gordon Jackson. When an intelligence agent investigates a sinister brain drain of scientists, he is fully aware that nobody can be trusted. (1965, PG, 108min) ★★★★★
10.45 FILM **Funeral in Berlin** Thriller with Michael Caine. (1966, PG, 100min) ★★★
12.25 AM **Great British Railway Journeys** As 7.00pm.
12.55 **The Yorkshire Dales**
1.25 **Michael Caine: Acting in Film** As shown at 8.00pm.
2.25 **to 3.25** AM **Chris Packham's Animal Einsteins**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's Vintage Gems**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Location, Location, Location** From Hampshire.
5.55 **Kirstie and Phil's Love It or List It** Kirstie and Phil catch up with home owners they have previously met.
6.55 **Escape to the Chateau: DIY** Jonny and Ashley search for their dream chateau.
7.55 **Grand Designs** Kevin McCloud meets a couple who have set themselves the task of creating Britain's first hypoallergenic house on a leafy back garden plot in south-west London.
9.00 **24 Hours in A&E** A mechanic is rushed in after being crushed against a brick wall by his own car, while a 44-year-old man cannot stop the bleeding from a growth on his face.
10.00 **999: What's Your Emergency?** A look at the impact on the emergency services of the rising number of homeless people.
11.05 **24 Hours in A&E**
12.05 AM **999: On the Front Line**
1.10 **8 Out of 10 Cats Does Countdown**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Hotel Hell**
9.00 **Married at First Sight Australia**
10.30 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **Brooklyn Nine-Nine**
1.00 PM **The Big Bang Theory**
3.00 **Modern Family**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Darren tries to mediate between Nancy and Charlie.
7.30 **Married at First Sight Australia** New edition A confrontation rocks the entire experiment.
9.00 **Celebrity SAS: Who Dares Wins USA** New edition The recruits are back in the water with one of the most physically challenging tests.
10.00 **Naked Attraction** A 22-year-old woman and a 25-year-old man seek partners.
11.05 **Naked Attraction**
12.10 AM **First Dates**
1.15 **Rick and Morty**
1.45 **Smiling Friends**
2.00 **YOLO: Silver Destiny** New episode
2.15 **Married at First Sight Australia** As 7.30pm.
3.30 **Celebrity SAS: Who Dares Wins USA**
4.20 **The Big Bang Theory**
4.45 **to 6.00** AM **The Goldbergs**

+1 hour 235 | 146 | 30 | 123

Thursday primetime

Thursday primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security USA**
8.00 **Border Patrol**
9.30 **Caught Red Handed**
11.00 **Elementary** 9/13. (S7)
12.00 NOON **FBI** 5/15. (S3)
1.00 PM **9-1-1** 17/18. Eddie tries to reconcile with his father. (S5)
2.00 **Bull** 4/22. A civil suit is made against the bank that funded the terrorists responsible for Cable's death. (S3)
3.00 **The Real A&E**
4.00 **Nothing to Declare**

7.00 Nothing to Declare

7 PM

7.00 **Nothing to Declare** Border Force investigate two female passengers. **7.30** Officers suspect a Brazilian man is lying.

8 PM

8.00 **9-1-1: Lone Star** *Bum Steer:* 7/10. Owen tries to prove he is fit for the job while undergoing chemotherapy. (S1)

9 PM

9.00 **The Rookie** New episode *Crossfire:* 7/17. Nolan and Celina realise the victim in a shooting was already dead. (S5)

10 PM

10.00 **Blue Bloods** *First Blush:* 2/16. Frank causes tension when he announces he will not endorse Erin's run for district attorney. (S13)
11.00 **FBI & FBI: Most Wanted** 18/19. Jess LaCroix and his team help find a fugitive. (S2)
12.30 AM **FBI: Most Wanted** (S3)
1.30 **Chicago Med** (S8)
2.30 **Chicago Fire** (S11)
3.30 **Chicago PD** (S10)
4.30 **to 6.00** AM **The Real A&E**

+1 hour 207 163

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Fish Town**
7.55 **The Affair** 1&2/12. (S2)
10.05 **Gomorrah** 5&6/12. (S1)
12.15 PM **Game of Thrones** (S6)
1.20 **The Leftovers** 5&6/8. (S3)
3.30 **Gomorrah** 4/12. Imma takes charge in Pietro's absence. Subtitled. In Italian. (S1)
4.35 **Succession** 7/10. The Roys gather for a therapy session. **5.40** 8/10. Tom has a party to remember. (S1)
6.50 **Yellowjackets** 4/10. The girls play with guns to determine who is most responsible. (S1)

9.00 Billions

7.55 **Game of Thrones** *Oathbreaker:* 3/10. While Daenerys meets her future, Bran meets the past, and Arya continues her training. (S6)

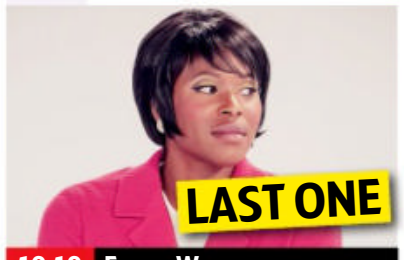
9.00 **Billions** *Pilot:* 1/12. A lawyer and a hedge fund king try to outmanoeuvre each other in the world of high finance. Drama with Paul Giamatti. (S1)
10.15 **The Last of Us** 9/9. A smuggler is tasked with escorting a girl across the United States. (S1)
11.15 **Django** 5&6/10. (S1)
1.25 AM **Lovecraft Country** 8/10. When a familiar visitor arrives, Atticus and Leti take steps to protect their future. (S1)
2.35 **Game of Thrones** As 7.55pm.
3.40 **In Treatment** 11/24. (S4)
4.10 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate SG-1** (S4)
8.00 **DC's Legends of Tomorrow**
9.00 **Quantum Leap** 8/22. (S3)
10.00 **Supergirl** 8/19. (S5)
11.00 **NCIS: Los Angeles** (S11)
1.00 PM **Hawaii Five-0** (S3)
2.00 **S.W.A.T.** 10/22. (S5)
3.00 **Quantum Leap** 7/22. (S3)
4.00 **DC's Legends of Tomorrow**
5.00 **Supergirl** 8/19. Kara faces off against Rama Khan. (S5)
6.00 **Stargate SG-1** 2/22. Part three of three. Teal'c undergoes a dangerous ritual. (S5)



10.10 Funny Woman

7.00 **Stargate SG-1** *Ascension:* 3/22. Carter experiences a blackout and wakes to find she has a new friend. (S5)

8.00 **The 80s: Cinema's Greatest Decade** A look back at the stand-out movies of the 1980s.

9.00 NEW SERIES **A Town Called Malice** 1/8. Crime thriller set in the 1980s, starring Jack Rowan. *See feature, page 4.* (S1)
■ Entire series on Box Sets
10.10 **Funny Woman** Series finale 6/6. The team reunite to record a triumphant last show. (S1)
■ Entire series on Box Sets
11.10 **Brassic** 5/6. The lads decide to throw a music festival. (S2)
12.10 AM **NCIS: Los Angeles** (S14)
1.10 **The Force: North East**
2.00 **Air Ambulance ER**
3.00 **Highway Patrol**
3.35 **Road Wars**
4.00 **S.W.A.T.** 10/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Love Bites**
8.00 **Dress to Impress**
9.00 **Chuck** 23/24. (S4)
10.00 **One Tree Hill** 7/22. (S3)
11.00 **The O.C** 1/25. (S3)
12.00 NOON **Love Bites**
1.00 PM **Dress to Impress**
2.00 **Supermarket Sweep**
3.05 **Chuck** 24/24. (S4)
4.00 **One Tree Hill** 8/22. (S3)
5.00 **The O.C** 2/25. (S3)
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 **The Masked Singer US** A special countdown of the greatest performances in the show's history.

8.00 **Superstore** 21/21. Dina tries to help Amy keep a secret from Jonah. (S5) **8.30** 1/15. The pandemic is beginning to hit. (S6)

9.00 **Loaded in Paradise** New edition Karra and Jasmine swipe the gold card from best friends Millie and Amelia.

10.00 **Family Guy** 8/20. Stewie teaches Brian to drive. **10.30** 10/20. Quagmire lands free plane tickets for a guys' trip. (S15)
11.00 **Family Guy** 20/20. Brian falls for a tech support girl in India and sets out to find her. (S14)
11.30 **American Dad!** (S4)
12.30 AM **Superstore** (S6)
1.30 **Hey Tracey!**
2.15 **Guinness World Records**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
6.35 **Classic Coronation Street**
8.05 **Man About the House**
9.05 **Where the Heart Is**
11.15 **Agatha Christie's Poirot**
12.20 PM **Heartbeat**
1.25 **Classic Emmerdale**
3.00 **Classic Coronation Street**
3.35 **Midsomer Murders** *Sins of Commission:* A prize-winning author is murdered.
5.40 **Downton Abbey** 7/9. Thomas embarks on a new money-making scheme. (S2)

10.00 DI Ray

6.55 **Heartbeat** *What the Butler Saw:* When a gamekeeper is injured, suspicion falls on his disgruntled predecessor.

8.00 **Grace** *Dead Man's Footsteps:* 3/4. A sinister inquiry into skeletal remains found in a Brighton storm drain takes Grace down a labyrinthine trail through the past. (S2)

10.00 **DI Ray** 1/4. A detective realises that the so-called culturally specific homicide she is investigating is not an 'honour' crime. (S1)
11.00 **DI Ray** 2/4. Crime drama starring Parminder Nagra. Rachita and the team race to track down Anjuli Kapoor, making more than one grim discovery in the process. (S1)
12.05 AM **Where the Heart Is**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Iain Robertson Rambles** 1/2. The actor treks the 47 miles from Glasgow to Crianlarich.
7.30 **Scotland's Greatest Escape** 5/7. A Fife family visit getaways steeped in history.
8.00 **Long Live Livi** 1/6. Three girls try to save Livingston skatepark.
8.30 **Food Fest Scotland** 4/5. Edith Bowman and Colin Murray explore the Foodies Festival in Glasgow.
9.00 **The Nine**
10.00 **Scot Squad** 1/6. Miekelson has his portrait painted. (S2)
10.30 **Selling Scotland** Scotland's most memorable adverts.
11.30 PM **to 12.00** M'T **Loop** 5/5. Yong-Chin Breslin returns to Glasgow.

Sky Comedy

114/115 112 347 362

8.00 AM **Futurama** (S2)
9.00 **A.P. Bio** (S4)
10.00 **Pen15** 14&15/15. (S2)
11.15 **Entourage** (S3)
12.30 PM **Fresh Prince of...**
1.30 **Our Cartoon President**
2.35 **The Office (US)** (S3)
3.00 **Will & Grace** (S3)
4.00 **The Conners** (S4)
4.30 **Futurama** (S6)
5.00 **The Office (US)** (S3)
5.30 **Fresh Prince of Bel Air**
6.30 **Futurama** (S2&3)
7.30 **The Office (US)** (S5)
8.00 **The Conners** New episode 3/20. (S4)
8.30 **The Office (US)** (S5)
9.00 **Sex and the City** (S3)
10.15 **Carters Get Rich** (S1)
10.45 **Code 404** (S3)
11.15 **The Late Late Show with James Corden** New edition Chat show.
12.15 AM **The Tonight Show** New edition Talk show.
1.15 **Curb Your Enthusiasm**
2.25 **Veep** 10/10. (S6)
3.00 **Entourage** (S3)
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Beethoven: The Complete Symphonies**
6.40 **La Bayadere**
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Tate Britain's Great Art Walks**
1.00 PM **Tales of the...**
2.00 **Van Gogh: From Tate Britain**
3.00 **Landscape Artist 2019**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **The Story of British Cinema: Pioneer Years**
8.30 **The Cavern Club: The Beat Goes On**
10.00 **The Movies**
11.00 **Jane Fonda In Five Acts**
1.30 AM **Boys**
2.00 **Hitchcock Presents**
4.00 **The Curious World of Hieronymus Bosch**
5.00 **Music Icons: Rockabilly**
5.30 **to 6.00** AM **Video Killed the Radio Star**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S4)
5.00 **Star Trek: The Next Generation** 5/26. (S4)
6.00 **Star Trek: Enterprise**
7.00 **Star Trek: Voyager** (S2)
8.00 **NCIS: New Orleans** (S2)
9.00 **S.W.A.T.** 14/21. (S3)
10.00 **Grimm** 14/22. (S1)
11.00 **Snapped** Crime series.
12.00 M'T **How I Caught the Killer** Documentary.
1.00 AM **The Force: North East** Documentary.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

Comedy Central

112/113 132 345 360

8.00 AM **Younger** (S3)
9.00 **The Middle** (S9)
11.00 **Last Man Standing** (S7)
1.00 PM **Friends** (S6)
7.00 **Friends** (S6)
9.00 **South Park** 6/14. Cartman inherits $1 million and buys an amusement park. (S5) **9.30** 6/17. Butters plots the end of the world. **10.00** 7/17. Butters devises more evil schemes. (S6) **10.30** 5/15. A new star is born. (S7)
11.00 **6 Days to Air: The Making of South Park** Behind the scenes.
12.00 M'T **Jimmy Carr: Making People Laugh**
1.00 AM **South Park** (S16)
2.30 **The Ren & Stimpy Show**
3.00 **Beavis and Butt-Head**
3.20 **The Ricky Gervais Show**
3.45 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 28 119

7.00 AM **Real Housewives of Cheshire** Reality series.
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of New Jersey**
1.20 **The Real Housewives of Cheshire** Reality series.
2.20 **The Only Way Is Essexmas** Reality series.
3.15 **Million Dollar Listing: LA** Property series.
4.10 **The Real Housewives of Orange County**
5.00 **The Real Housewives of New York City**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Emergency Nurses: A&E Stories** The nurses attend Ellie's wedding.
10.00 **Botched**
11.00 **For Real: The Story of Reality TV**
11.55 PM **to 1.00** AM **The Only Way Is Essexmas**

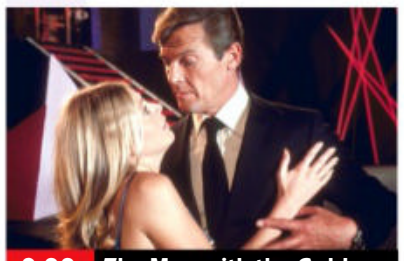
+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Great Racehorses**
6.20 **Robin of Sherwood**
7.30 **Magnum, PI**
8.30 **Racing: The Opening Show**
10.00 **Minder**
11.05 **Dempsey and Makepeace**
12.05 PM **Robin of Sherwood**
1.15 **Extreme Salvage Squad**
2.15 **Magnum, PI**
3.15 **The Sweeney**
4.25 **Minder**
5.30 **English Football League Highlights** Action from the latest fixtures, including Middlesbrough v Stoke City.


9.00 The Man with the Golden...

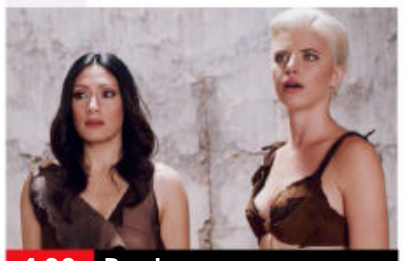
7.00 **The Chase Celebrity Special** Jeff Banks, Michelle Ackerley, Andy Crane and Brian Conley take part in the quiz.
8.00 **Junk and Disorderly** Henry Cole and his team visit a farm sale and come away with a vintage Massey Ferguson tractor.
9.00 FILM **The Man with the Golden Gun** James Bond adventure starring Roger Moore. Agent 007 tangles with a deadly professional hit-man who uses golden bullets on his victims. With Christopher Lee and Britt Ekland. (1974, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 FILM **High Plains Drifter** Western directed by and starring Clint Eastwood. With Verna Bloom and Marianna Hill. (1972, 18, 105min) ★★★★
1.50 AM **Heathrow: Britain's Busiest Airport** Double bill.
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Pandora** 13/13. (S1)
7.00 **The Outpost** 13/13. (S4)
8.00 **Teleshopping**
11.00 **Pandora** 13/13. (S1)
12.00 NOON **Star Trek: Deep Space Nine** 18&19/26. (S2)
2.00 PM **Fringe** 6/22. (S2)
3.00 **The Outpost** 13/13. (S4)
4.00 **Pandora** 13/13. (S1)
5.00 **Stargate SG-1** 19/22. (S5)
6.00 **Star Trek: Deep Space Nine** 18/26. Quark rediscovers his long-lost love on a damaged Cardassian vessel. (S2)


4.00 Pandora

7.00 **Star Trek: Deep Space Nine** *Blood Oath:* 19/26. Three Klingon warriors attempt to fulfil a deadly promise. (S2)
8.00 **Star Trek: Voyager** *Faces:* 14/16. The Vedeans subject B'Elanna Torres to a series of genetic experiments. (S1)
9.00 FILM **The Last Witch Hunter** Fantasy adventure starring Vin Diesel and Elijah Wood. An immortal warrior faces a showdown with an evil sorceress who tried to wipe out the human race in the Middle Ages. (2015, 12, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Room 104** 1&2/12. (S2)
12.00 M'T FILM **Planet Dune** Sci-fi adventure starring Sean Young. (2021, 12, 80min) ★★
2.00 AM **Star Trek: Voyager** (S1)
3.00 **Stargate SG-1** 19/22. (S5)
4.00 **to 6.00** AM **Star Trek: Deep Space Nine**

+1 hour 229

Alibi

109/110 809 126 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **WPC 56** 1/5. (S3)
10.00 **Rizzoli & Isles** 6/15. (S2)
11.00 **Person of Interest** 9/23. (S3)
12.00 NOON **Miss Fisher's Murder Mysteries** 1/13. (S2)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Rizzoli & Isles** 6/15. (S2)
6.00 **Without a Trace** 4/24. A missing student's backpack and ID mysteriously turn up at a second-hand shop. (S4)

9.00 Murdoch Mysteries

7.00 **Person of Interest** *The Crossing:* 9/23. Reese and Carter drag Alonzo Quinn away from the gunfight with HR. (S3)
8.00 **Death in Paradise** *Meditated in Murder:* 6/8. The leader of a spiritual retreat is strangled. (S7)
9.00 **Murdoch Mysteries** New episode *Honeymoon in Hampshire:* 9/24. Effie and Crabtree look into a death in England. (S16)
10.00 **Good Cop** 1/4. First episode of the crime drama starring Warren Brown, Stephen Graham and Michael Angelis. (S1)
11.00 **Without a Trace** As 6pm.
12.00 M'T **The Doctor Blake Mysteries** 1/10. Blake returns from Singapore. (S2)
1.00 AM **Miss Fisher's Murder Mysteries** 1/13. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 344 359

7.10 AM **Highlights**
9.20 **Hi-de-Hi!**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **The Green Green Grass**
12.40 PM **Outnumbered**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.35 **Hi-de-Hi!**
3.20 **Last of the Summer Wine**
4.40 **Dad's Army**
5.20 **The Green Green Grass**
6.00 **Hi-de-Hi!**
6.40 **Dad's Army**

10.10 Knowing Me, Knowing You

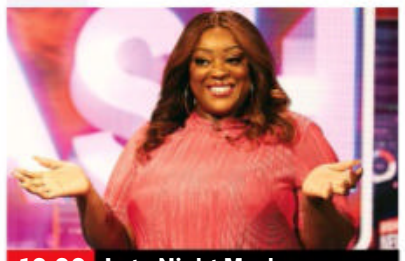
7.20 **Dad's Army** Mainwaring's platoon guard the bank's money until repairs on the vault are completed.
8.00 **The Good Life** Margo and Jerry persuade Tom and Barbara to go on holiday. **8.40** Tom learns Margo has been keeping appointments at a mysterious address.
9.20 **The Young Ones** The squalid students get their hands on an atom bomb – and Mike wastes no time in trying to flog it.
10.10 **Knowing Me, Knowing You with Alan Partridge** The Miss Norwich contest.
10.50 **The Last Fast Show Ever** Guest stars Johnny Depp.
11.45 **The Last Fast Show Ever**
12.30 AM **French and Saunders**
1.10 **The Good Life** As 8.40pm.
1.50 **The Young Ones** As 9.20pm.
2.40 **Knowing Me, Knowing You with Alan Partridge**
3.10 **to 4.00** AM **Newark, Newark**

+1 hour 210/211 194

Dave

111/112 127 19 157

7.10 AM **Lazy Boy Garage**
8.00 **Cop Car Workshop**
9.00 **The Force: Behind the Line**
10.00 **Australian Ninja Warrior**
11.30 **Rick Stein's Far Eastern Odyssey** Sri Lanka and Bali.
12.30 PM **The Force: Behind the...**
1.00 **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Australian Ninja Warrior** New edition With Beau Ryan.
5.30 **Travel Man: 48 Hours in Naples** With Jack Dee.
6.00 **Taskmaster** With Doc Brown.


10.00 Late Night Mash

7.00 **Richard Osman's House of Games** With Anneka Rice and Al Murray.
7.40 **Room 101** With guests Bill Bailey, Una Stubbs and Alice Levine.
8.20 **Would I Lie to You?** With Stephen Hendry, Laura Whitmore, Maisie Adam and Chris McCausland.
9.00 **QI XL** Sindhu Vee, Rhod Gilbert and Ed Byrne join regular panellist Alan Davies, as host Sandi Toksvig looks at pathology.
10.00 **Late Night Mash** Rachel Parris hosts and is joined by special guests to deliver topical insights and fake news reports.
11.00 **Taskmaster** The rivals meet the Mayor of Chesham.
12.00 M'T **Mock the Week**
12.40 AM **QI XL** With Johnny Vegas.
1.20 **Hypothetical** With Miles Jupp.
2.20 **Comedians Giving Lectures**
2.50 **Sliced** Comedy series.
3.35 **to 4.00** AM **Famalam**

+1 hour 211 131 57

Thursday

7 PM 8 PM 9 PM 10 PM

GREAT! tv

157 189 50 142

6.00 AM **Sue Thomas: F.B.Eye** 5&6/19. (S3)
8.00 **Highway to Heaven**
10.00 **Crazy Like a Fox** (S1)
11.00 **Castle** 16/23. (S6)
12.00 NOON **Body of Proof**
1.00 PM **Sue Thomas: F.B.Eye** 15&16/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 5-8/20. Four episodes. (S9)
9.00 **Randall and Hopkirk (Deceased)** *The House on Haunted Hill:* 9/26. A haunted house holds a sinister secret. (S1)
10.00 **The Persuaders!** *Read and Destroy:* 20/24. A former spy publishes his memoirs. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S9)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **Sue Thomas: F.B.Eye**
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
12.30 PM **A New Life in the Sun** From France.
1.30 **Come Dine with Me**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
7.00 **Location, Location, Location** Phil catches up with two couples who struggled to find their first marital home.
8.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** Kirstie and Phil look back at a tale of two unfinished projects.
9.00 **Gogglebox: 10 Year Anniversary Special**
10.35 FILM **Four Weddings and a Funeral** Romantic comedy. (1994, 15, 117min) ★★★★
12.55 AM **24 Hours in A&E**
2.00 **Captive: Nazanin**
3.35 **George Clarke's Old House, New Home**
4.30 **to 5.00** AM **A Place in the Sun**

5USA

141 141 153 21 129

9.00 AM **NCIS** 9-11/25. (S6)
11.55 **Entertainment News**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Aliyah:* 25/25. The team fly to Israel, but get a bad reception from Ziva's father. (S6) **7.00** *Truth or Consequences:* 1/24. Tony tries to track down Ziva in North Africa. **8.00** *Reunion:* 2/24. Gibbs and his team investigate the bizarre death of a marine. (S7)
9.00 **Blue Bloods** *The Uniform:* 11/22. Danny and Jackie investigate a shooting at a diner, but are concerned to discover a uniformed police officer is the chief suspect. (S2)
10.00 **Law & Order: Special Victims Unit** (S6&5)
1.50 AM **The Blacklist** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Rich Holiday, Poor Holiday**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Car Pound Cops: Give Me My Car Back!**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops: Give Me My Car Back!**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Documentary.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Cause of Death**
10.00 **Ambulance: Code Red.**
11.00 **999: Critical Condition**
12.00 M'T **Car Pound Cops: Give Me My Car Back!**
1.00 AM **Rich Kids Go Skint**
2.00 **GPs: Behind Closed Doors** Documentary.
2.45 **Tattoo Disasters UK**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228 186 141

W

132 827 125 25 156

6.15 AM **Top Chef**
7.00 **Property Brothers: Forever Homes**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **Hairy Bikers' Northern Exposure**
1.00 PM **Tipping Point**
4.00 **DIY SOS: The Big Build**
5.00 **Property Brothers: Forever Homes**
6.00 **MasterChef Australia**
7.30 **Inside the Ambulance**
9.00 **DIY SOS: The Big Build** The team make over a house in Cumbria.
10.00 **24 Hours in A&E** A man is rushed in with breathing difficulties.
11.00 **Stacey Dooley Sleeps Over USA**
12.00 M'T **One Born Every Minute** Documentary.
1.00 AM **Rochelle Humes: Interior Designer in the Making**
2.00 **to 3.00** AM **Inside the Ambulance**

+1 hour 232 190

Drama

143 130 20 158

7.20 AM **Pie in the Sky**
8.15 **The Bill**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Howards' Way**
3.10 **Lovejoy**
4.20 **Peak Practice**
5.20 **The Brittas Empire**
6.00 **Keeping Up Appearances**
6.40 **Last of the Summer Wine** Double bill.
8.00 **PD James: The Murder Room** 2/2. The killing of Neville Dupayne is followed by further copycat murders.
10.00 **New Tricks** *Loyalties and Royalties:* The team investigate the death of a 1970s rock star.
11.20 **Cutting It**
12.40 AM **Bad Girls**
1.40 **Lovejoy**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 226 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

THURSDAY

Documentaries

Thursday

RealityXtra
147 197 68 134

9.00 AM **Medical Detectives**
11.00 **Matlock** As 6pm.
12.00 NOON **The Fugitive**
1.05 PM **Donal MacIntyre: Unsolved** Double bill.
3.00 **Medical Detectives**
5.00 **The Fugitive** *Everybody Gets Hit in the Mouth Sometime:* 24/30. Kimble risks his own life to save an employer from committing a crime. (S2)
6.00 **Matlock** *The Legacy – Part Two:* 4/19. Josh Winfield confesses murdering Arthur Kendall, but Ben asks Conrad to investigate the woman Kendall had been with not long before he died. (S7)
7.00 **Judge Judy** Real-life small-claims cases.
1.00 AM **Matlock** As 6pm.
2.00 **The Fugitive** As 5pm.
3.00 **Donal MacIntyre: Unsolved** Double bill.
4.50 **to 6.00** AM **Medical Detectives**

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 2/26. (S5)
9.00 **Mutant X** 5/22. (S3)
10.00 **Star Trek: The Next Generation** (S5)
11.00 FILM **Post Impact** Sci-fi. (2003, 15, 91min) ★★
12.50 PM **Legend Lowdown**
1.00 FILM **Solar Flare** Sci-fi. (2008, PG, 87min) ★★
2.50 **Legend Lowdown**
3.00 FILM **Monster Hunters** Thriller. (2020, 15) ★
4.50 **Legend Lowdown**
5.00 **Star Trek** 20/24. (S3)
6.00 **Star Trek: The Next Generation** 9/26. (S5)
7.00 **Airwolf** 19/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **The Driver** Thriller. (1978, 15) ★★★★
10.50 FILM **It Follows** Horror. (2014, 15) ★★★★
12.50 AM FILM **The Burning** (1981, 18) ★★★
2.40 **to 4.30** AM FILM **The Humanity Bureau** Sci-fi. (2017, 15, 95min) ★★

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Dickinson's Real Deal**
11.00 **Dale's Supermarket Sweep** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Catchphrase**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Play Your Cards Right**
4.00 **Dickinson's Real Deal**
5.00 **Bullseye** Four editions of the darts-based quiz.
7.00 **Pointless** Quiz hosted by Alexander Armstrong and Richard Osman.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **The Chase**
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

E!
159 159 835 160

7.00 AM **Wags**
8.00 **Keeping Up with the Kardashians**
10.00 **The Bradshaw Bunch**
11.00 **Rich Kids of Beverly Hills** Reality series.
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take Miami**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** A British patient seeks help from Terry. **8.00** A patient with a wrecked 'pelican' neck.
9.00 **Keeping Up with the Kardashians** Kim is on the *Tyra Banks Show*. **9.30** Kris hires a nanny. **10.00** The girls have a photo shoot. **10.30** Kim poses for a *Playboy* photo shoot.
11.00 **Rich Kids of Beverly Hills** Reality series.
12.00 M'T **Dr 90210**
1.00 AM **Wags**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Giuliana and Bill**

Sky Documentaries
121 121 819 277 352 367

6.00 AM **Urban Secrets**
7.00 **Discovering: Claudia Cardinale**
8.00 **The Directors**
9.00 **The Nineties**
10.00 **Escobar by Escobar**
11.00 **The Vow**
12.00 NOON **The Donut King**
2.00 PM FILM **Won't You Be My Neighbor?** Documentary. (2018, 12, 95min) ★★★★
4.00 **The Directors**
5.00 **Discovering: Claudia Cardinale**
6.00 **The Nineties**
7.00 **Escobar by Escobar**
8.00 **The Vow**
9.00 **I Am Patrick Swayze**
10.50 **Sergio Leone: The Italian Who Invented America** Documentary.
1.00 AM **SIC: Prince of MotoGP** Documentary.
2.50 **Icahn: The Restless Billionaire** Documentary.
4.50 **My Icon**
5.00 **to 6.00** AM **Discovering: Claudia Cardinale**

Sky Nature
124 124 822 278 354 369

6.00 AM **Animal Senses**
7.00 **Monkey Life**
8.00 **Wildlife Rescue New Zealand**
9.00 **Gangs of Lemur Island**
10.00 **Extreme Africa**
11.00 **The Wadden Sea**
12.00 NOON **New Kids in...**
1.00 PM **Monkey Life**
2.00 **Wildlife Rescue New...**
3.00 **Gangs of Lemur Island**
4.00 **Extreme Africa**
5.00 **The Wadden Sea**
6.00 **New Kids in the Wild**
7.00 **Monkey Life**
8.00 **Mysteries of the Mekong** Documentary.
9.00 **America's Wild Seasons**
10.00 **The Wadden Sea**
11.00 **New Kids in the Wild**
12.00 M'T **Battle of the Alphas** Double bill.
1.00 AM **Wild Pacific Rescue**
2.00 **Mysteries of the...**
3.00 **America's Wild Seasons**
4.00 **Wildlife Rescue New...**
5.00 **to 6.00** AM **Gangs of Lemur Island**

HGTV
158 286 44 166

7.00 AM **Building Off the...**
8.00 **The Great Interior Design Challenge**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **Fantasy Homes by...**
12.00 NOON **My Lottery...**
1.00 PM **Home Town**
2.00 **Good Bones**
3.00 **The Great Interior Design Challenge**
4.00 **My Dream Derelict Home in the Sun**
5.00 **Building Off the Grid**
6.00 **A Place in the Sun**
7.00 **Fantasy Homes by the Sea** From Dorset.
8.00 **Escape to the Country**
9.00 **Flip or Flop**
10.00 **Flip or Flop: The Final Flip** Property series.
11.00 **Home Town**
12.00 M'T **Fantasy Homes by...**
1.00 AM **Building Off the...**
2.00 **My Dream Derelict...**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258 290

Food Network
140 285 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Delicious Miss Brown** New editions
9.00 **Jamie's 15 Minute Meals**
9.30 **Jamie's 30 Minute Meals**
10.00 **Provence Masterclass**
11.00 **Follow Donal to Europe**
12.00 NOON **Great British...**
2.00 PM **American Adventure**
3.00 **Jamie's 15 Minute Meals**
3.30 **Jamie's 30 Minute Meals**
4.00 **Delicious Miss Brown**
5.00 **Barefoot Contessa**
5.30 **The Pioneer Woman**
6.00 **Ainsley's Food We Love**
7.00 **Great British Bake Off**
8.00 **American Adventure**
9.00 **Mary's Simple Comforts**
10.00 **Provence Masterclass**
11.00 **Restaurant: Impossible**
12.00 M'T **Guy's Grocery Games** New edition
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Jamie at Home**

+1 hour 240 149

DMAX
172 171 39 150

6.00 AM **Salvage Dawgs**
7.00 **Outback Opal Hunters**
8.00 **Alaska: Homestead Rescue** Reality series.
9.00 **The Last Alaskans**
10.00 **Alaska: Last Frontier**
12.00 NOON **Yukon Men**
1.00 PM **Aussie Gold Hunters**
2.00 **Gold Divers**
4.00 **Building Off the Grid**
5.00 **Scrap Kings**
6.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The fleet manage to weather the storm, but finds the crabs are not biting.
8.00 **Alaska: Last Frontier**
9.00 **A New Face for Marlie**
10.00 **Your Kid Ate What?**
11.00 **Jade Fever**
12.00 M'T **Alaska: Last Frontier** Reality series.
1.00 AM **Naked and Afraid**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 272 214 151

5Action
150 150 33 132

9.00 AM **Entertainment News**
9.10 **Forged in Fire**
10.05 **Traffic Cops**
11.00 **Police Interceptors**
12.00 NOON FILM **War of the Wildcats** (1943, U) ★★
2.10 PM FILM **The Last Wagon** Western. (1956, PG, 99min) ★★★
4.05 **Forged in Fire**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **Trucking Hell**
10.00 **Deadliest Weather: Caught on Camera**
11.00 **WWE – Raw Highlights**
12.00 M'T **Police Interceptors**
2.00 AM **Fights, Camera, Action!** Documentary.
2.55 **What Went Wrong: Countdown to Disaster**
3.45 **Red Arrows Take America**
4.30 **to 5.00** AM **Winter Road Rescue**

Sky Crime
122 122 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Highway Cops**
9.00 **Nothing to Declare**
10.00 **999 Frontline**
10.30 **911 Crisis Centre**
11.00 **The DNA of Murder**
12.00 NOON **Murdered at First Sight** Crime series.
1.00 PM **Murders That Shocked the Nation**
2.00 **Killer in My Village**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killing Mum and Dad**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Catching the Killer**
10.00 **What the Killer Did Next**
11.00 **World's Most Evil Killers**
12.00 M'T **Killer in My Village**
1.00 AM **Snapped**
2.00 **Love You to Death**
3.00 **Murders That Shocked...**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Motorway...**

+1 hour 222 164

CBS Reality
146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** A community is rocked by the death of a well-respected nurse. **7.30** A woman's disappearance is paired with another case under similar circumstances.
8.00 **48 Hours** A man researches time travel to correct a mistake.
9.00 **See No Evil** New edition Hufracio Arteaga is found stabbed to death in his Michigan office.
10.00 **Shocking Crimes: Murder Book**
11.00 **Fatal Vows**
12.00 M'T **Injustice with Nancy Grace**
1.00 AM **See No Evil**
2.00 **Shocking Crimes: Murder Book**
3.00 **48 Hours**
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 218 136

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Suffolk.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A pair of chairs.
1.00 PM **A Place in the Sun**
2.00 **Animal Cops Houston**
4.00 **Dr Jeff: Rocky Mountain Vet**
5.00 **Helicopter ER**
6.00 **Money for Nothing**
7.00 **Antiques Road Trip**
9.00 **Paranormal: Caught on Camera** New edition A real-life gnome frolics in an Arizona garden.
10.00 **Kindred Spirits** New edition A mother and her children are haunted by a terrifying shadow figure.
11.00 **Ghost Adventures**
12.00 M'T **Ghost Loop**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Animal Cops Houston**

Blaze
164 199 64 162

6.00 AM **Hardcore Pawn**
7.45 **The UnXplained with...**
8.40 **Ancient Aliens**
10.40 **Storage Wars Canada**
11.10 **Storage Wars**
12.10 PM **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **The UnXplained with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **UFOs Declassified**
10.00 **Alien Files: Unsealed**
11.00 **Curse of Skinwalker Ranch** The team members witness unidentified phenomena.
12.00 M'T **Paranormal Survivor** A homeowner is caught in the crossfire between two spirits.
1.00 AM **Court Cam**
2.00 **Shipping Wars**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars Canada**
4.10 **to 6.00** AM **Pawn Stars**

+1 hour 81

TLC
133 133 828 167

7.00 AM **Flip or Flop**
8.00 **Good Bones**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Say Yes... Atlanta**
12.00 NOON **Say Yes to the Dress: Lancashire**
1.00 PM **Cake Boss**
2.00 **My 600lb Life**
3.00 **My Lottery Dream Home** Double bill.
4.00 **Seeking Sister Wife**
5.00 **I Love a Mama's Boy**
6.00 **Flip or Flop**
7.00 **Dr Pimple Popper**
8.00 **My 600lb Life** Dolly has gotten too comfortable at 600lbs.
10.00 **1000lb Sisters**
11.00 **Dr Pimple Popper**
12.00 M'T **My 600lb Life**
2.00 AM **1000lb Sisters**
3.00 **Dr Pimple Popper**
4.00 **Flip or Flop**
5.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hour 233 172

5SELECT
153 152 56 133

9.00 AM **Eggheads**
9.25 **GPs: Behind Closed Doors** Documentary.
10.30 FILM **Deadly House Call** Thriller. (2022, PG, 87min) ★★
12.15 PM FILM **Danger in the House** Thriller. (2022, PG, 87min) ★★
2.00 **Holiday Homes in the Sun** From Dubrovnik.
3.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild** Double bill.
6.00 **Secrets of the Imperial War Museum**
7.00 **Susan Calman's Grand Day Out**
8.00 **Phone Scams: Don't Get Caught Out**
9.00 **Secrets of Buckingham Palace** Documentary.
10.00 **Forged in Fire**
11.50 **The Nile with Bettany Hughes**
1.40 AM **Ben Fogle: New Lives in the Wild**
3.35 **to 4.00** AM **Walking Wartime Britain**

Quest
144 144 834 169 12 172

6.00 AM **How Do They Do It?**
6.25 **Find It, Fix It, Flog It**
7.10 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Goblin Works Garage**
12.00 NOON **Fifth Gear...**
1.00 PM **The Repair Shop**
2.00 **Love Your Garden**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers**
6.00 **Wheeler Dealers**
7.00 **Aussie Gold Hunters**
8.00 **Salvage Hunters**
9.00 **Motor Pickers** New editions
10.00 **Richard Hammond's Workshop**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Cops UK**
2.00 **Goblin Works Garage**
3.00 **Fifth Gear Recharged**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 213 70 168

Quest Red
149 170 40 169

6.00 AM **Say Yes to the Dress: Lancashire**
7.00 **Say Yes to the Dress: The Big Day**
8.00 **Say Yes to the Dress**
9.00 **Animal Cops Houston**
11.00 **Forensic Detectives**
1.00 PM **American Detective with Lt Joe Kenda**
2.00 **Disappeared**
3.00 **Murder Comes to Town**
4.00 **Reasonable Doubt**
5.00 **Say Yes to the Dress: Lancashire**
6.00 **Curvy Brides Boutique**
7.00 **Who Do You Think You Are?** Jane Seymour.
8.00 **Dr. Pimple Popper: Pop Ups**
9.00 **Murder in the Heartland** The case of Marshall Dent.
10.00 **A Killer's Mistake**
11.00 **Forensic Detectives**
1.00 AM **The Perfect Murder**
2.00 **A Crime to Remember**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Homestead Rescue: Raney Ranch** Documentary.
9.00 **Flying Wild Alaska**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **British Treasure, American Gold** Documentary.
1.00 PM **Gold Rush**
3.00 **Building Off the Grid**
4.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers**
6.00 **British Treasure, American...**

9.00 **Naked and Afraid**

7.00 **Kindig Customs** A show has called with a special request and they want Dave to be a judge and present an award.

8.00 **Dive Wars Australia** Winter storms hit, and the fleet must either brave the perilous conditions or stay in port.

9.00 **Naked and Afraid** New edition An MMA fighter and a professional paramedic need to dig deep to survive 21 days in the brutal caiman infested jungle of Rupunini, Guyana.

11.00 **Naked and Afraid** All-star survivalists encounter torrential downpours, eerie noises and lightning storms in the Mexican jungle.
12.00 M'T **Expedition Bigfoot**
1.00 AM **Naked and Afraid**
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Cold Blooded Peruvian Predator: Expedition Mungo**
3.00 **South American Squatch of Argentina: Expedition Mungo**
4.00 **My Cat from Hell**
5.00 **Animal Cops Philadelphia**
6.00 **Tanked** The team help NFL superstar Antonio Brown.

8.00 **Meet the Orangutans**

7.00 **Pit Bulls & Parolees** New mum Tania struggles to find a balance between life and work at Villalobos.

8.00 **Meet the Orangutans** One of the primate's bullying pushes limits. **8.30** It is feeding time at the sanctuary.

9.00 **Meet the Penguins** A penguin is brought in with a life-threatening wound. **9.30** Two inhabitants get into a nasty fight.

10.00 **Edge of Alaska** A landowner starts to open the frontier, while the locals must brave extreme weather to hunt.

11.00 **How Sharks Hunt** The hunting approaches of tiger sharks and great whites.
12.00 M'T **Sharktacular 2016** Hosted by Eli Roth.
1.00 AM **Alaska Monsters**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 259

Nat Geographic

129 129 825 266

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Hitler's Last Stand**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **Car S.O.S**
1.00 PM **Wicked Tuna**
2.00 **Secrets of the Pyramids**
3.00 **World's Worst Natural Disasters** Documentary.
4.00 **Worst Weather Ever?**
5.00 **Canary Islands: Born Of Fire**
6.00 **Lost Treasures of Egypt** Documentary following archaeologists working in Egypt's Valley of the Kings.

9.00 **Wicked Tuna**

7.00 **Air Crash Investigation** The crash of SilkAir flight 185 in 1997, which plunged 35,000ft while flying over Indonesia.

8.00 **Car S.O.S** New edition A 1986 Rover SD1 that ended up rotting away in a dirty lock-up.

9.00 **Wicked Tuna: Outer Banks Showdown** New edition Northern champion Tyler McLaughlin faces great adversity.

10.00 **Alaska: The Next Generation** As winter endures, the group travel far and wide to replenish much-needed supplies.

11.00 **Air Crash Investigation**
12.00 M'T **Airport Security: Colombia** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **When Sharks Attack**
2.30 **Prairie Dog Dynasty**
2.55 **Secrets of the Zoo: Keeper Tales** Documentary.
3.20 **to 5.00** AM **Food Factory**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Strangest Things**
8.00 **American Pickers**
9.00 **Pawn Stars**
10.00 **Secrets of the Lost Ark**
11.00 **Storage Wars**
12.00 NOON **Mountain Men**
1.00 PM **Ultimate Mysteries**
2.00 **Curse of Skinwalker Ranch**
3.00 **Salvage Kings**
4.00 **Strangest Things**
5.00 **Pawn Stars**
6.00 **American Pickers** A retired Air Force general reveals the story of his American Dream.

8.00 **Pawn Stars Do America**

7.00 **Forged in Fire** The four smiths make canister Damascus, before the final two head home to recreate the Vajra-Mushti.

8.00 **NEW SERIES Pawn Stars Do America** 1/8. Rick, Corey and Chum set off on a US-wide hunt for collectible objects..

9.00 **Forged in Fire** New edition Bladesmiths are challenged with creating their most dazzling Damascus knife.

10.00 **Forged in Fire** New edition The reigning champion must face a returning challenger and forge the Acinaces sword.

11.00 **History's Crazy Rich Ancients** Double bill.
12.00 M'T **The Booze, Bets and Sex That Built the World**
2.00 AM **Pawn Stars Do America**
3.00 **Storage Wars**
4.00 **Salvage Kings**
5.00 **to 6.00** AM **Curse of Skinwalker Ranch**

+1 hour 223 271

Yesterday

155 155 846 129 27 159

6.00 AM **Shipwreck Secrets**
8.00 **Abandoned Engineering**
9.00 **War Factories**
10.00 **The World at War**
11.00 **Secrets of the London Underground**
12.00 NOON **Great British Railway Journeys** Double bill.
1.00 PM **Great British Railway Journeys Goes to Ireland**
2.00 **Bangers and Cash**
4.00 **War Factories**
5.00 **The World at War**
6.00 **Great British Railway Journeys Goes to Ireland**

8.00 **Bangers and Cash**

7.00 **Secrets of the London Underground** Tim and Siddy visit Quainton Road in Buckinghamshire, 50 miles from London. **7 PM**

8.00 **Bangers and Cash** New edition A *Batman*-inspired Chrysler Crossfire is dropped off at the Thornton le Dale garage. **8 PM**

9.00 **Hornby: A Model World** For the first time in 50 years, the Airfix team attempt to build a 1:24 scale kit of a Spitfire. **9 PM**

10.00 **Bangers and Cash** Derek struggles to get his message across on a rare trip abroad to pick up a Bentley. **10 PM**

11.00 **Abandoned Engineering** Abandoned projects of the space age, including the HARP gun in Barbados and the mountainside Barcroft Observatory in California.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 **to 3.00** AM **Shipwreck Secrets**

+1 hour 255 217 74

Disc. History

177 257

6.00 AM **Combat Dealers**
7.00 **How the Universe...**
8.00 **Mystery at Blind Frog Ranch** Documentary.
9.00 **Combat Dealers**
10.00 **Expedition Unknown: Hunt For The Yeti**
11.00 **How the Universe...**
12.00 NOON **Shed and Buried**
1.00 PM **Combat Dealers**
2.00 **Ghosts of Stonehenge**
3.00 **Tony Robinson's World War One**
4.00 **Mysteries at the Museum** A painting.
5.00 **Tales from the Explorers Club**
6.00 **How the Universe...**
7.00 **Sex, Lies, and the Taj Mahal** Documentary.
8.00 **Combat Dealers**
9.00 **Aircrash Confidential**
10.00 **Expedition X**
11.00 **How the Universe Works** Black holes.
12.00 M'T **to 5.00** AM **Highlights**

+1 hour 277 261

Eden

166 245

9.00 AM **Life in the Great Wetlands** Documentary.
10.00 **Wild Edens**
11.00 **David Attenborough's...**
12.00 NOON **The Blue Planet**
1.00 PM **Blue Planet II**
2.00 **Life in the Great...**
3.00 **The Life of Mammals**
5.00 **Wild Edens**
6.00 **David Attenborough's Natural Curiosities**
7.00 **Blue Planet II**
8.00 **The Life of Mammals**
9.00 **Wild Edens**
10.00 **David Attenborough's Natural Curiosities**
11.00 **Blue Planet II**
12.00 M'T **The Life of Mammals** Omnivores.
1.00 AM **Life in the Great...**
2.00 **Wild Edens**
3.00 **David Attenborough's...**
3.50 **Life in the Great...**
4.40 **Wild Edens**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Animal Fight Club**
9.00 **Kingdom of the White Wolf** Documentary.
10.00 **Little Giant**
11.00 **America's Funniest Home Videos...**
12.00 NOON **Snakes in the City** A black mamba.
1.00 PM **Yukon Vet**
2.00 **Crocpocalypse**
3.00 **Mega Piranha**
4.00 **America's Funniest Home Videos: Animal Edition**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Wicked Tuna: North v South**
9.00 **Counting Jaws**
10.00 **Australia's Deadly Monsters** Documentary.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Animal Fight Club**
2.00 **Crocpocalypse**
3.00 **Mega Piranha**
4.00 **to 5.00** AM **Yukon Vet**

Sky History 2

163 163 840 272

6.00 AM **Ancient Aliens**
8.00 **Treasures Decoded**
9.00 **Great Escapes with Morgan Freeman**
10.00 **Auction Hunters**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Monsterquest**
3.00 **Ancient Discoveries**
4.00 **Auction Hunters**
5.00 **Hero Ships**
6.00 **Alien Files: Unsealed**
7.00 **Ancient Aliens** Some extraordinary encounters.
8.00 **Craig Charles: UFO Conspiracies** The infamous Rendlesham Forest incident of 1980.
9.00 **Al Murray: Why Do the Brits Win Every War?**
10.00 **Historic Hauntings**
11.00 **Ancient Aliens**
1.00 AM **Treasures Decoded**
2.00 **Monsterquest**
3.00 **Alien Files: Unsealed**
4.00 **Ancient Discoveries**
5.00 **to 6.00** AM **Ancient Mysteries**

PBS America

174 273 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Living in Germany at War** Documentary.
9.35 **The Harlem Hellfighters' Great War**
10.45 **NEW Putin and the Presidents** Documentary.
11.55 **Inside Japan's War**
1.00 PM **Beautiful Serengeti**
1.40 **Living in Germany at War** Documentary.
2.55 **The Harlem Hellfighters' Great War**
4.00 **Putin and the Presidents**
5.15 **Inside Japan's War**
6.20 **Living in Germany at War** Documentary.
7.30 **The Harlem Hellfighters' Great War**
8.35 **Putin and the Presidents**
9.50 **Inside Japan's War**
10.55 **The Harlem Hellfighters' Great War**
12.00 M'T **Putin and the Presidents**
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

156 156 837 198

6.00 AM **The First 48**
8.00 **Cold Case Files**
9.00 **Killer Britain**
10.00 **Meet, Marry, Murder**
11.00 **Murdered By Morning**
12.00 NOON **Buried in the Backyard**
1.00 PM **Fear Thy Neighbour**
2.00 **Imperfect Murder**
3.00 **On the Case**
4.00 **Critical Evidence**
5.00 **Cold Case Files**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **Imperfect Murder**
9.00 **Homicide: Hours to Kill** New edition
10.00 **NEW SERIES The First 48 Presents: Critical Minutes**
11.00 **Homicide Hunter**
12.00 M'T **Snapped**
1.00 AM **Homicide: Hours...**
2.00 **The First 48 Presents...**
3.00 **Criminal Confessions**
4.00 **Imperfect Murder**
5.00 **to 6.00** AM **Murdered...**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

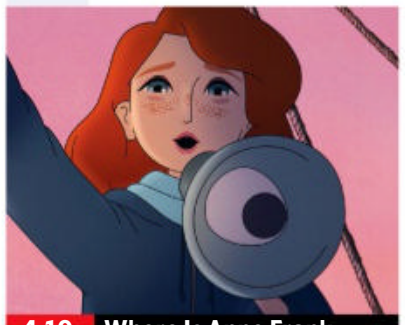
THURSDAY Films

Thursday

Sky Cinema Premiere

301 301 848 401 501 515

6.35 AM **The Invitation** (2022)
8.25 **Where the Crawdads Sing**
10.45 **To Leslie** As 5.55pm.
12.50 PM **Bodies Bodies Bodies**
2.30 **Travellers** Italian fantasy. Subtitled. (2022, PG, 90min)
4.10 **Where Is Anne Frank** Animated drama featuring the voice of Emily Carey. (2021, PG, 99min) ★★★★
5.55 **To Leslie** Drama starring Andrea Riseborough. (2022, 15, 119min) ★★★★


4.10 Where Is Anne Frank

8 PM

8.00 **Bodies Bodies Bodies** Horror comedy starring Maria Bakalova and Amandla Stenberg. A murder-mystery game in a remote mansion leads to a genuine slaughter. (2022, 15, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

9.50 **Where the Crawdads Sing** Drama starring Daisy Edgar-Jones and David Strathairn. A young woman in the Deep South is accused of murder when her suitor is found dead. (2022, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM

12.10 AM **The Invitation** Horror starring Nathalie Emmanuel. (2022, 15, 105min) ★★★
2.10 **Where Is Anne Frank** (2021)
4.05 **Travellers** As 2.30pm.
5.45 **to 6.00** AM **The Cinema List: Esea British Talent**

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.25 AM **Electrical Life of Louis Wain** (2021, 12) ★★★★
8.25 **American Carnage** (2022)
10.15 **Kindred** Horror thriller. (2021, 15, 101min) ★★★
12.05 PM **Snow White and the Huntsman** (2012, 12) ★★★
2.15 **Letters to Juliet** Comedy. (2010, PG, 105min) ★
4.15 **True Grit** Western remake. (2010, 15, 110min) ★★★★
6.15 **Away We Go** Comedy. (2009, 15, 97min) ★★★★

10.00 Pineapple Express

8.00 **Focus** Comedy crime drama starring Will Smith and Margot Robbie. A veteran con man's latest heist looks set to be scuppered by a femme fatale from his past. With Adrian Martinez. (2015, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

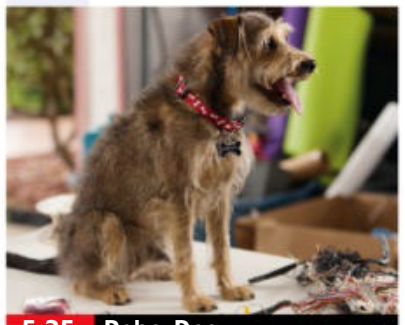
10.00 **Pineapple Express** Comedy thriller starring Seth Rogen. (2008, 18, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **American Carnage** Horror starring Jenna Ortega. When the children of undocumented immigrants are put in detention, they get a unique chance to win their freedom. (2022, 15, 98min) ★★★
1.40 AM **Away We Go** As 6.15pm.
3.25 **Don't Breathe 2** Horror with Stephen Lang and Madelyn Grace. (2021, 15, 98min) ★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Family

306 306 850 406 506 520

6.15 AM **Sky Cinema Preview**
7.00 **Spy Kids 3** (2003, U) ★★★
8.40 **Alvin and the Chipmunks: Chipwrecked** (2011, U) ★★
10.20 **A Monster Calls** Fantasy (2016, 12, 108min) ★★★★
12.25 PM **The Spy Next Door** Comedy. (2010, PG) ★★
2.15 **Nancy Drew and the Hidden Staircase** As 2.15am.
4.00 **Alvin and the Chipmunks: The Road Chip** (2015, U) ★★
5.35 **Robo-Dog** (2015, PG) ★★★


5.35 Robo-Dog

7.10 **Charlie and the Chocolate Factory** Fantasy starring Johnny Depp. (2005, PG, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Nanny McPhee** Comedy fantasy starring Emma Thompson. In Victorian England, an enigmatic nanny with a magical stick tames the seven children of a widowed undertaker. (2004, U, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Paulie** Comedy starring Gena Rowlands and Tony Shalhoub. (1998, U, 92min) ★★★
12.35 AM **Hero Mode** Comedy starring Chris Carpenter. (2021, PG, 88min) ★★
2.15 **Nancy Drew and the Hidden Staircase** Family crime drama starring Sophia Lillis. (2019, PG, 89min) ★★★
3.55 **Paulie** As shown at 11.00pm.
5.40 **to 6.40** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 851 407 507 521

6.40 AM **Take Back** As 1.50am.
8.25 **Resident Evil** Sci-fi horror. (2002, 15, 100min) ★★★
10.15 **Resident Evil: Damnation**
12.10 PM **Resident Evil: Apocalypse** Sci-fi thriller. (2004, 15, 94min) ★★★
2.00 **The Lost City** Adventure. (2022, 12, 112min) ★★★
4.00 **The Mexican** Action comedy. (2001, 15, 123min) ★★★
6.10 **The Dark Tower** Fantasy. (2017, 12, 95min) ★★

6.10 The Dark Tower

8.00 **Uncharted** Action adventure starring Tom Holland, Mark Wahlberg and Antonio Banderas. A street-smart kid is recruited by a seasoned treasure hunter to recover a fortune. (2022, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Raid** Action thriller starring martial artist Iko Uwais. Partly subtitled. (2011, 18, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Resident Evil: Damnation** Animated horror thriller starring Matthew Mercer. (2012, 15, 95min) ★★★
1.50 AM **Take Back** Action thriller with Mickey Rourke, Michael Jai White and Gillian White. (2021, 15, 89min) ★★
3.35 **The Raid** As 10.00pm.
5.30 **to 7.40** AM **American Night** Crime drama starring Jonathan Rhys Meyers. (2021, 15, 123min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.25 AM **Big Gold Brick** (2022)
8.40 **Jackie Chan's The Tuxedo**
10.30 **Gambit** As 11.35pm.
12.15 PM **The Stepford Wives** Comedy remake with Nicole Kidman. (2004, 12, 93min) ★
2.05 **No Strings Attached** Comedy. (2011, 15, 107min) ★★
4.05 **Just Go With It** Romantic comedy starring Adam Sandler. (2011, 12, 117min) ★
6.05 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★

6.05 Ted

8.00 **Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried. The foul-mouthed talking teddy bear fights a court case for the right to be legally recognised as a person. (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Napoleon Dynamite** Teen comedy starring Jon Heder. (2004, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Gambit** Comedy starring Colin Firth and Cameron Diaz. (2012, 12, 85min) ★★★
1.10 AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12, 98min) ★★
2.55 **People Just Do Nothing: Big in Japan** Comedy spin-off starring Allan Mustafa. (2021, 15, 97min) ★★★
4.35 **to 6.50** AM **Big Gold Brick** Drama starring Emory Cohen. (2022, 15, 135min) ★★★

primetime

Sky Cinema Greats

304 304 849 404 504 518

6.25 AM **Paper Moon** As 3.10am.
8.20 **The Last Samurai** Drama. (2003, 15, 154min) ★★★★
11.00 **Remains of the Day** Drama. (1993, U, 134min) ★★★★★
1.15 PM **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
3.30 **Eternal Sunshine of the Spotless Mind** Comedy. (2004, 15, 108min) ★★★★★
5.30 **The Cinema List: Behind the Camera Oscars**
5.50 **Philadelphia** Oscar-winning drama starring Tom Hanks. (1993, 12, 122min) ★★★
8.00 **Elvis** Biopic starring Austin Butler and Tom Hanks. (2022, 12, 159min) ★★★★
10.40 **The Girl with the Dragon Tattoo** David Fincher's crime thriller remake based on the novel by Stieg Larsson, starring Daniel Craig and Rooney Mara. (2011, 18, 152min) ★★★★
1.20 AM **Eternal Sunshine of the Spotless Mind** As 3.30pm.
3.10 **Paper Moon** Comedy set during the American Depression of the 1930s, starring Ryan O'Neal. (1973, b/w, PG, 100min) ★★★★
5.00 **to 6.00** AM **The Oscars' Most Iconic Moments**

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Sky Cinema Preview**
6.30 **The Adventures of Tom Thumb and Thumbelina** As 8.55pm.
7.50 **Reef 2: High Tide** Animation. (2013, U, 80min) ★★
9.25 **Duck Duck Goose** As 2.35am.
11.10 **Mr Peabody & Sherman** Animated comedy adventure. (2014, U, 97min) ★★★★
12.55 PM **Over the Hedge** Animation. (2006, U, 83min) ★★★★
2.30 **PAW Patrol: The Movie** Animation. (2021, U) ★★★
4.00 **Dr Seuss' The Lorax** Animation. (2012, U, 86min) ★★★
5.40 **Pil's Adventures** Animation. (2021, U, 89min) ★★
7.25 **Lego Scooby-Doo!: Haunted Hollywood** Animated adventure. (2016, U, 75min) ★★★
8.55 **The Adventures of Tom Thumb and Thumbelina** Animated adventure featuring the voice of Jennifer Love Hewitt. (2002, U, 72min) ★★
10.15 **Cranston Academy: Monster Zone** (2020, PG) ★★★
11.45 **Molly Monster** (2016, U) ★★★
1.05 AM **Lego Scooby-Doo!: Haunted Hollywood** (2016)
2.35 **Duck Duck Goose** Animation. (2018, PG, 91min) ★★★
4.20 **to 6.00** AM **Pil's Adventures**

TCM Movies

315 415

6.00 AM **Hollywood's Best Directors**
7.45 **Off Set** With Ben Miller.
8.05 **The Searchers** Western. (1956, U, 114min) ★★★★★
10.30 **Ice Station Zebra** Thriller. (1968, U, 148min) ★★★
1.30 PM **Riding Shotgun** Western. (1954, U, 75min) ★★
3.05 **The Spy Who Came in from the Cold** Spy thriller. (1965, b/w, PG, 107min) ★★★★
5.25 **Battle of the Bulge** World War Two drama with Henry Fonda. (1965, PG, 141min) ★★★
8.45 **Off Set** With Jamie Cullum.
9.00 **Exit Wounds** Action thriller starring Steven Seagal and DMX. A tough cop is drawn into a web of corruption and drugs in an inner-city precinct. (2001, 18, 97min) ★
11.10 **Demolition Man** Sci-fi action thriller starring Sylvester Stallone and Wesley Snipes. (1993, 15, 114min) ★★★
1.30 AM **Teleshopping**
3.50 **Off Set** Singer-songwriter Jamie Cullum discusses his influences.
4.00 **Close Up** Double bill.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **Honey West** 17/30. (S1)
6.30 **Scarlet Street** (1945) ★★★★
8.35 **Coaching Holiday in 1958**
9.00 **Black Saddle** 12/20. (S1)
9.30 **Murder on the Campus** Mystery. (1961, b/w, U) ★★
10.45 **Impact** (1963, b/w, U) ★★
12.00 NOON **History of the Record Industry: It's in the Groove!**
12.20 PM **The Hunters** War drama. (1958, PG, 108min) ★★
2.30 **Crown Court** 26/36. (S1)
3.00 **Melvyn's Talking Pictures**
3.10 **The Ware Case** Mystery. (1938, b/w, PG, 75min) ★★
4.40 **Melvyn's Talking Pictures**
4.50 **The Magnet** Family comedy. (1950, U, 79min) ★★★
6.25 **The Hi-Jackers** Crime drama. (1963, b/w, U, 63min) ★★
7.45 **Look at Life** Documentary.
8.00 **The Saint** 3/23. (S3)
9.00 **Justice** 2/13. (S3)
10.00 **The Spaniard's Curse** Thriller. (1958, b/w, U, 79min) ★★
11.30 **The Wayward Bus** Drama. (1957, b/w, PG, 89min) ★★
1.20 AM **Vice Squad** Crime thriller. (1982, 18, 86min) ★★
3.15 **Not Tonight, Darling** Drama. (1971, 18, 88min) ★★
5.00 **Four Star Theatre**
5.30 **to 6.00** AM **David Niven Show**

HorrorXtra

317 192 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Premonition** Supernatural thriller. (2004, 15, 90min) ★★
6.50 **This Is HorrorXtra**
7.00 **First Wave** *The Believers:* 22/22. Foster and Eddie take over a TV show. (S2)
8.00 **Knight Rider** *A Knight in Shining Armour:* 13/24. Michael and Kitt look for treasure. (S2)
9.00 **Echoes of Fear** Horror starring Trista Robinson. A woman must confront the evil force inside her grandfather's house. (2018, 15, 90min) ★★
10.50 **This Is HorrorXtra**
11.00 **Sacrifice** Horror thriller. (2020, 15, 87min) ★★
12.50 AM **This Is HorrorXtra**
1.00 **First Wave** As 7.00pm.
2.00 **to 3.00** AM **Knight Rider**

+1 hour 318 219 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.35 AM **Hide and Seek** Thriller. (2021, 15, 100min) ★★
8.15 **The Desperate Hour** (2021)
9.55 **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
11.45 **2 Days in the Valley** Thriller. (1996, 18, 105min) ★★★★
1.45 PM **Three Days of the Condor** Thriller. (1975, 15) ★★★★
3.55 **The International** Thriller. (2009, 15, 113min) ★★★★
5.55 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★

3.55 The International

8.00 **The Family** Dark crime comedy starring Robert De Niro and Michelle Pfeiffer as a Mafia couple living in witness protection in Europe with their teenage children. With Tommy Lee Jones and John D'Leo. (2013, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Fugitive** Action thriller starring Harrison Ford. A wrongly convicted man escapes on the way to jail and goes in search of the real culprit while evading the forces of the law. (1993, 15, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Machinist** Psychological thriller. (2004, 15, 102min) ★★★
2.05 **Shaft** Crime thriller. (2000, 18, 99min) ★★★
3.55 **to 6.00** AM **The Desperate Hour** Thriller with Naomi Watts. (2021, 12, 84min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.00 AM **Mass** As 2.45am.
9.00 **A Beautiful Mind** (2001)
11.15 **Forrest Gump** Comedy. (1994, 12, 136min) ★★★★
1.40 PM **Chocolat** Comedy fantasy. (2000, 12, 120min) ★★★★
3.45 **The Hundred-Foot Journey** Comedy with Helen Mirren. (2014, PG, 119min) ★★★
5.50 **Downton Abbey: A New Era** Period drama starring Hugh Bonneville and Jim Carter. (2022, PG, 124min) ★★★

10.10 A Beautiful Mind

8.00 **Operation Mincemeat** Drama starring Colin Firth, Matthew Macfadyen and Kelly Macdonald. During World War Two, a pair of intelligence officers use a corpse and false papers to outwit German troops. (2021, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **A Beautiful Mind** Biopic starring Russell Crowe as John Nash, a mathematician who suffered from paranoid schizophrenia but went on to win the Nobel Prize. (2001, 12, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Seven Pounds** Melodrama with Will Smith. (2007, 12, 117min) ★★★★
2.45 **Mass** Drama starring Jason Isaacs and Martha Plimpton. (2021, 12, 111min) ★★★★★
4.45 **to 6.30** AM **The Artist's Wife** Drama. (2020, 15) ★★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.05 AM **Phobias** (2021, 15) ★★★
7.35 **A Quiet Place Part II** Horror. (2020, 15, 97min) ★★★★
9.25 **Reminiscence** Sci-fi mystery. (2021, 12, 116min) ★★★
11.25 **The Core** Sci-fi. (2002, 12) ★
1.45 PM **The Conjuring 2: The Enfield Poltergeist** Horror. (2016, 15, 134min) ★★★★
4.00 **The Forever Purge** Horror. (2021, 15, 103min) ★★★
5.50 **Snowpiercer** Fantasy thriller. (2013, 15, 126min) ★★★★

10.00 Escape from LA

8.00 **Monster Hunter** Fantasy adventure starring Milla Jovovich. A captain and her soldiers are transported to a new world, and engage in a battle for survival against enormous enemies. (2020, 12, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

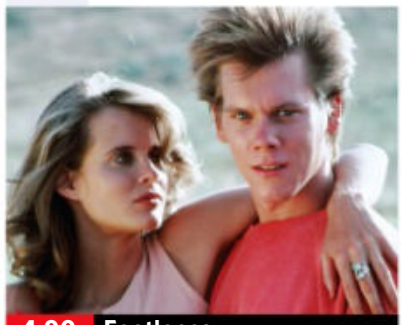
10.00 **Escape from LA** Adventure sequel starring Kurt Russell. (1996, 15, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Don't Breathe 2** Horror thriller sequel with Stephen Lang and Madelyn Grace. (2021, 15, 98min) ★★★
1.40 AM **Studio 666** Horror starring The Foo Fighters. (2022, 18, 106min) ★
3.30 **Cosmic Sin** Sci-fi thriller starring Frank Grillo, Bruce Willis and Brandon Thomas Lee. (2020, 15, 88min) ★★
5.05 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Best of 80s

302 302 856 402 502 516

6.20 AM **The Fog** As 2.15pm.
8.00 **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
10.00 **Children of a Lesser God**
12.10 PM **Steel Magnolias** Drama. (1989, PG, 115min) ★★★★
2.15 **The Fog** Horror thriller. (1979, 15, 90min) ★★★
4.00 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
5.50 **Batman** Tim Burton's comic-book adventure. (1989, 15, 121min) ★★★★


4.00 Footloose

8.00 **Top Gun** Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. With Kelly McGillis, Val Kilmer and Anthony Edwards. (1986, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Pet Sematary** Thriller starring Dale Midkiff and Fred Gwynne. A family move into a new house and discover a cemetery for pets that brings the dead back to life. (1989, 18, 103min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Children of a Lesser God** Romantic melodrama about an unorthodox speech teacher and a rebellious deaf woman. Stars William Hurt and Marlee Matlin. (1986, 15, 110min) ★★★★
1.55 AM **Batman** As 5.50pm.
4.05 **to 6.00** AM **Footloose** (1984)

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **All the King's Men** Oscar-winning drama. (1949, b/w, PG, 109min) ★★★★★
1.15 PM **Winchester '73** Western. (1950, b/w, U, 92min) ★★★
3.05 **Ten Wanted Men** Western. (1955, U, 80min) ★★★
4.45 **O.S.S** World War Two thriller. (1946, b/w, PG, 107min) ★★★
6.55 **Hampstead** Comedy drama starring Brendan Gleeson. (2017, 12, 102min) ★★★

6.55 Hampstead

Hampstead (film started at 6.55pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Hitman** Action thriller based on a popular computer game, starring Timothy Olyphant, Dougray Scott and Olga Kurylenko. (2007, 15, 100min) ★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Mustang** Drama starring Matthias Schoenaerts, Jason Mitchell and Bruce Dern. (2019, 15, 96min) ★★★ **10 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 **to 3.15** AM **A Most Wanted Man** Thriller based on John le Carré's novel, starring Philip Seymour Hoffman, Rachel McAdams and Willem Dafoe. (2014, 15, 119min) ★★★ **11 PM**

+1 hour 314 430 47 301

GREAT! movies romance

319 424 52 303

6.00 AM **I Me Wed** (2007, PG) ★★
8.00 **Designed with Love** Romantic drama. (2020, PG, 85min) ★★
10.00 **Love on Trend** Romantic drama. (2021, PG, 85min) ★★
12.00 NOON **Love, Once and Always** Drama. (2018, PG, 90min) ★★
2.00 PM **Valentine's Again** Fantasy. (2017, PG, 70min) ★★
4.00 **Romance Retreat** Comedy. (2019, PG, 90min) ★★

6.00 **Charm of Love** Romantic drama starring Alina Alcantara. (2020, PG, 110min) ★★
8.00 **The Perfect Catch** Romantic drama starring Nikki Deloach. A single parent running a diner is inspired to reinvent her life when her ex-boyfriend returns. (2017, PG, 90min) ★★
10.00 **Love, of Course** Romantic comedy with Kelly Rutherford. (2018, PG, 84min) ★★
11.50 **Made for You, with Love** Drama. (2019, U, 100min) ★★

1.30 AM **In the Key of Love** Drama. (2019, PG, 90min) ★★
3.00 **The Wedding Fix** Romantic drama. (2022, PG, 87min) ★★
4.30 **to 6.00** AM **Love & Where to Find It** Drama. (2021, PG) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **The Other Mother** Drama. (1995, PG, 90min) ★★★
11.00 **The Killer Trainer** Thriller. (2018, 12, 90min) ★★
1.00 PM **Evil Nanny** Horror thriller. (2016, 12, 90min) ★★
3.00 **The Nanny Is Watching** Thriller. (2018, 12, 90min) ★★
5.00 **Signed, Sealed, Delivered: Road Less Travelled** Drama. (2018, PG, 90min) ★★

7.00 **Garage Sale Mystery: The Mask Murder** Drama starring Lori Loughlin. When a woman buys a storage locker, she finds a dead body inside, along with a mask matching the deceased woman. (2018, 15, 90min) ★★
9.00 **November Man** Spy thriller starring Pierce Brosnan. A retired CIA agent makes an enemy of his protégé when he protects a woman with evidence of a secret conspiracy. (2014, 15, 108min) ★★★

11.10 **I Am Wrath** Crime thriller. (2016, 15, 90min) ★★
1.05 AM **Extortion** Drama. (2016, 15, 108min) ★★
3.30 **to 6.00** AM **Evening** Drama. (2007, 12, 117min) ★★★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **M*A*S*H** 4&5/16. (S11)
7.00 **Malachi's Cove** Period drama. (1973, U, 85min) ★★★
8.45 **Fall of Hyperion** Sci-fi thriller. (2008, 12, 88min) ★★
10.30 **Betrayal: The Battle for Warsaw** Documentary.
11.30 **Wild West Chronicles**
12.00 NOON **M*A*S*H** 4&5/16. (S11)
1.00 PM **Lost Command** Drama. (1966, 15, 130min) ★★

3.30 **Wild Wind** War adventure. (1985, PG, 100min) ★★
5.20 **Brave Warrior** Western. (1952, U, 73min) ★★
6.45 **Wild West Chronicles**
7.15 **Surrender – Hell!** World War Two adventure starring Keith Anders and Susan Cabot. (1959, b/w, 12, 85min) ★★
9.00 **Momentum** Action thriller with Olga Kurylenko and Morgan Freeman. A retired thief is persuaded to carry out one last heist. (2015, 15, 96min) ★★★

10.55 **6 Below: Miracle on the Mountain** Biopic adventure. (2016, 12, 98min) ★★★
12.50 AM **Half Past Dead 2** Action thriller. (2007, 15, 92min) ★★
2.40 **to 4.00** AM **The Concorde Story**

+1 hour 324

Movies 24

325 419

7.00 AM **Fairfield Road** Drama. (2010, PG, 89min) ★★★
9.00 **When Sparks Fly** Drama. (2014, PG, 86min) ★★
11.00 **Blueprint to the Heart** Drama. (2020, PG, 90min) ★★
1.00 PM **Groundswell** Comedy. (2022, PG, 84min) ★★
3.00 **Game, Set, Love** Romantic comedy with Davida Williams. (2022, PG, 84min) ★★

5.00 **Sincerely, Yours, Truly** Romantic drama with Natalie Hall. (2020, PG, 90min) ★★
7.00 **Love's Second Chance** Romantic drama with Gabrielle Christian. A woman inherits her grandmother's vintage dress shop. (2020, PG, 90min) ★★
9.00 **The Journey Ahead** Comedy starring Holly Robinson Peete. A film star flees the worst day of her life after a chance encounter with a stranger. (2022, PG, 102min) ★★

11.00 **Love Is a Piece of Cake** Drama. (2020, PG, 90min) ★★
1.00 AM **Love at Sunset Terrace** Drama. (2020, PG, 90min) ★★
3.00 **to 5.00** AM **Calling for Love** Comedy. (2020, PG) ★★

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

9.00 PM **The Man with the Golden Gun** *ITV4* James Bond adventure starring Roger Moore and Christopher Lee. ★★
9.00 **The Ipcress File** *BBC4* Classic British spy thriller starring Michael Caine. Cockney intelligence agent Harry Palmer investigates a sinister brain drain of scientists. ★★★★★
9.00 **The Last Witch Hunter** *Sky Sci-Fi* Fantasy adventure starring Vin Diesel, Elijah Wood and Michael Caine. ★★★
10.35 **Four Weddings and a Funeral** *4Seven* Romantic comedy starring Hugh Grant and Andie MacDowell. ★★★★
10.45 **Funeral in Berlin** *BBC4* Spy thriller sequel starring Michael Caine and Eva Renzi. ★★★
11.35 **High Plains Drifter** *ITV4* Western directed by and starring Clint Eastwood. ★★★★
12.00 M'T **Planet Dune** *Sky Sci-Fi* Sci-fi adventure starring Sean Young and Emily Killian. ★★
2.15 AM **The Keeping Room** *Channel 4* Western starring Brit Marling and Hailee Steinfeld. (Signed) ★★★★

Thursday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **LIVE Ladies European Tour Golf** Day one of the Aramco Team Series event from Laguna National in Singapore.
9.00 **Good Morning Sports Fans**
10.00 **The Football Show**
10.30 **LIVE One-Day International Cricket South Africa v West Indies.** Coverage of the first contest of the three-match series, which is held at Buffalo Park in East London, South Africa.
1.50 PM **LIVE Pakistan Super League** Coverage of the first eliminator match which is held at Gaddafi Stadium in Lahore.
6.00 **LIVE PGA Tour Golf** Coverage of day one of the Valspar Championship at the Innisbrook Resort in Palm Harbour, Florida.
7.30 **LIVE Betfred Super League Castleford Tigers v Leeds Rhinos.** From Mend-a-Hose Jungle. Kick-off **8.00pm**.
10.15 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
5.00 **to 6.00** AM **LIVE Ladies European Tour Golf** Day two of the Aramco Team Series event.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League Highlights**
9.30 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Premier League Highlights** Action from Southampton v Brentford.
12.30 PM **Gary Neville's Soccerbox**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Premier League Highlights**
5.30 **Premier League 100 Club**
6.00 **Premier League Legends**
7.00 **Premier League: Big Interview**
7.30 **Premier League Stories**
8.00 **Premier League Highlights** Southampton v Brentford.
8.30 **Gary Neville's Soccerbox**
9.00 **Premier League: Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Highlights**
11.00 **Premier League Stories**
11.30 **Premier League Highlights**
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** Play-off finals.
8.00 **Best Moments From The Championship Play-Off Final (1993-2019)**
8.30 **Best Moments From The League 1 & 2 Play-Off Final (1993-2019)**
9.00 **EFL Greatest Games**
10.00 **Retro League One**
12.00 NOON **EFL Highlights**
12.30 PM **EFL Goals: Leagues 1 & 2**
1.00 **EFL Highlights**
2.00 **EFL Goals: Leagues 1 & 2**
2.30 **Soccer AM: The Best Bits**
3.00 **Bundesliga Highlights Show**
4.00 **EFL Highlights**
5.30 **Women's Football Weekly**
6.00 **Bundesliga Weekly**
6.30 **Inside the WSL**
7.00 **Women's Championship Show**
7.30 **Women's Football Weekly**
8.00 **EFL Highlights**
9.00 **Bundesliga Weekly**
9.30 **Inside the WSL**
10.00 **Women's Championship Show**
10.30 **Women's Football Weekly**
11.00 **EFL Highlights**
12.00 M'T **Championship Season Review** The 2014/15 season.
1.00 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **Best of ICC WT20**
6.30 **Pakistan Super League**
7.30 **Best of ICC WT20**
8.00 **WPL** Action from UP Warriorz v Royal Challengers Bangalore.
9.00 **Talking Cricket**
9.30 **Pakistan Super League**
10.30 **LIVE One-Day International Cricket South Africa v West Indies.** The first contest of the three-match series at Buffalo Park in East London, South Africa.
1.50 PM **LIVE WPL Delhi Capitals v Gujarat Giants.** Coverage from Brabourne Stadium in Mumbai.
6.00 **LIVE One-Day International Cricket South Africa v West Indies.** Further coverage from Buffalo Park in South Africa.
7.00 **Talking Cricket**
8.00 **Pakistan Super League**
9.00 **WPL** Highlights of Delhi Capitals v Gujarat Giants in Mumbai.
10.00 **One-Day International Cricket**
11.00 **Pakistan Super League**
12.00 M'T **Pakistan Super League**
4.10 AM **Best of the ICC Women's World Cup** Action from 2013.
4.40 **Stuart Broad: Greatest Spells**
5.00 **to 6.00** AM **WPL**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **LIVE Ladies European Tour Golf** Day one of the Aramco Team Series event.
9.00 **Hero Cup – Behind The Scenes**
10.00 **PGA Tour: The Cut**
10.30 **Arnold Palmer Invitational Special** A look at the tournament.
11.00 **Golf's Greatest Holes**
11.30 **LIVE PGA Tour Golf** Day one of the Valspar Championship held in Palm Harbour, Florida.
10.00 PM **Ladies European Tour Golf**
10.15 **Hero Cup – Behind The Scenes**
11.15 **Ladies European Tour Golf**
11.30 **Best of the Sky Zone**
12.00 M'T **PGA Tour Golf**
12.15 AM **Tee Time Tips**
12.45 **Ladies European Tour Golf**
1.00 **PGA Tour Golf**
1.15 **The Players Championship Official Film** The 1974 event.
2.15 **PGA Tour Golf**
2.30 **Ladies European Tour Golf**
2.45 **PGA Tour Champions**
3.45 **PGA Tour Golf**
4.00 **Tee Time Tips**
4.30 **Ladies European Tour Golf**
4.45 **PGA Tour Golf**
5.00 **to 6.00** AM **LIVE Ladies European Tour Golf** Day two of the Aramco Team Series event.

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM **ESPN FC** Football news.
6.30 **BT Sport Reload**
6.45 **A-League Highlights**
7.15 **WWE NXT** Wrestling action.
9.00 **ESPN FC** Football news.
9.30 **Serie A – Full Impact**
10.00 **LIVE Badminton** The last-16 stage of the Yonex All England, a BWF Super 1000 event, staged at Utilita Arena in Birmingham.
5.00 PM **LIVE UEFA Europa League Real Betis v Manchester United.** Coverage of the last-16 second-leg match at Estadio Benito Villamarin, as Erik ten Hag's side look to knock out another Spanish side following their elimination of Barcelona in the previous stage of the tournament. Kick-off **5.45pm**.
8.15 **LIVE UEFA Europa League Real Sociedad v AS Roma.** Coverage of the last-16 second-leg match at Reale Arena, joining the match in progress.
10.00 **to 6.00** AM **LIVE Test Cricket New Zealand v Sri Lanka.** Coverage of the opening day of the second Test between the two sides, which is staged at Basin Reserve in Wellington.

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM **Primeira Liga**
7.00 **Serie A – Full Impact**
7.30 **ESPN FC** Football news.
8.00 **LIVE AFL Richmond v Carlton.** Coverage from Melbourne Cricket Ground. Bounce-up **8.20am**.
11.00 **ESPN FC** Football news.
11.30 **Serie A – Full Impact**
12.00 NOON **WWE SmackDown**
1.30 PM **WWE Monday Night Raw**
4.00 **BT Sport Goals Reload**
4.15 **ESPN FC** Football news.
4.45 **ESPN FC Presents: Gab & Juls**
5.15 **Premier League: Big Interview**
5.45 **Ligue 1 Show**
6.15 **Primeira Liga**
7.15 **LIVE UEFA Europa League Arsenal v Sporting Lisbon.** The last-16 second-leg match at Emirates Stadium. Kick-off **8.00pm**.
10.30 **UEFA Europa League Highlights**
11.45 **The Football's On**
12.45 AM **BT Sport Films**
2.00 **LIVE World Rally Championship** The Rally Mexico.
3.00 **European Rally Championship Highlights** Fafe-Portugal.
3.30 **UFC** The tale of Leon Edwards.
4.00 **Fight Week** Preview of UFC 286.
4.30 **Dan Hardy Breakdown Show**
5.00 **to 6.00** AM **The Football's On**

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM **UEFA Champions League**
8.00 **UEFA Champions League Tonight** News and highlights..
9.00 **UEFA Europa League & Conference League Magazine**
10.00 **The Football's On**
11.00 **Primeira Liga**
12.00 NOON **UEFA Champions League** Real Madrid v Liverpool. **1.00** PM Napoli v Eintracht Frankfurt in the Round of 16.
2.00 **UEFA Champions League Tonight** News and highlights.
3.00 **UEFA Europa League & Conference League Magazine**
4.00 **LIVE NCAA Basketball Tournament** A first-round game.
6.30 **BT Sport Goals Reload**
7.00 **Serie A – Full Impact**
7.30 **LIVE UEFA Europa Conference League West Ham United v AEK Larnaca.** From London. Kick-off **8.00pm**.
10.30 **Cast In Iron** With Mark Noble.
11.00 **WWE NXT Highlights**
12.00 M'T **UFC Fight Camp**
12.30 AM **UEFA Europa League**
1.30 **UEFA Europa Conference League** West Ham v AEK Larnaca.
2.00 **UEFA Europa League**
3.00 **to 6.00** AM **Highlights**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Rugby Greatest Games**
6.30 **Netball Superleague**
8.30 **Rugby Greatest Games**
8.50 **LIVE NRL Manly Warringah Sea Eagles v Parramatta Eels.** Coverage of the match at 4 Pines Park in Sydney. Kick-off **9.00am**.
10.50 **Super League Gold**
11.00 **Good Morning Football**
2.00 PM **International Rugby Union**
3.00 **Fight Night International**
5.00 **NBC's Pro-Football Talk**
7.00 **LIVE Premier League Darts** Coverage of the seventh night of the tournament from Motorpoint Arena Nottingham, with a format featuring quarter-finals, semi-finals and a final all in one night.
10.30 **NFL Bitesize Highlights** The key moments from Philadelphia Eagles v San Francisco 49ers.
10.45 **NFL Bitesize Highlights** Kansas City Chiefs v Cincinnati Bengals.
11.00 **Total Access**
12.00 M'T **Super Bowl LVII Highlights**
12.15 AM **Super Bowl LVI Highlights**
12.30 **NFL Gameday**
1.00 **Super Bowl Gameday 2019**
1.30 **Super League Highlights**
2.00 **Premier League Darts**
5.30 **to 6.00** AM **Top Rank Boxing**

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **My Icon** Double bill.
8.00 **Pakistan Super League**
9.00 **NBA Basketball**
11.00 **Netball Superleague** A rerun of Team Bath v Surrey Storm.
1.00 PM **NBA on Fire**
1.30 **My Icon** Double bill.
1.50 **LIVE Pakistan Super League** Coverage of the first eliminator, held at Gaddafi Stadium in Lahore.
6.00 **The Players Championship** Day four at TPC Sawgrass.
7.00 **Inside the WSL**
7.30 **NBA on Fire**
8.00 **NBA Action** The latest news.
8.30 **Premier League Stories**
9.00 **Inside the WSL**
9.30 **Formula 1** Highlights of the Bahrain Grand Prix at Bahrain International Circuit in Sakhir.
10.30 **NBA Action** The latest news.
11.00 **Fight Night** Highlights of Amir Khan v Kell Brook at AO Arena in Manchester from February 2022.
12.00 M'T **Inside the WSL**
12.30 AM **Super League Highlights**
1.00 **Pakistan Super League**
2.00 **Premier League Darts**
5.30 **to 6.00** AM **NBA Action**

BT Sport 4

423 423 876 | 530 | 411 434

6.00 AM **ESPN SportsCenter**
6.15 **Around the Horn**
6.45 **Pardon the Interruption**
7.15 **ESPN SportsCenter**
7.30 **The WRC Magazine**
8.00 **European Rally Championship Highlights** Fafe-Portugal.
8.30 **BT Sport Reload**
8.45 **ESPN SportsCenter**
9.00 **NCAA Basketball Tournament**
12.30 PM **NCAA Basketball Tournament** A First Four match. **2.15** A First Four encounter.
4.00 **Primeira Liga**
5.00 **EuroCup Basketball** London Lions v Promitheas Patras.
6.00 **The WRC Magazine**
6.30 **LIVE PSA Squash** The men's semi-finals at the Canary Wharf Classic at East Wintergarden.
9.00 **LIVE NCAA Basketball Tournament** Coverage of three matches in the first round, broadcast back-to-back.
5.00 **to 6.00** AM **BT Sport Reload**

Eurosport 1

410 410 868 | 521 | 412 435

6.55 AM **Alpine Skiing** From Andorra.
8.45 **LIVE Alpine Skiing** The World Cup meeting in Soldeu, Andorra.
10.00 **LIVE Alpine Skiing** The World Cup meeting in Soldeu, Andorra.
11.30 **LIVE Snowboarding** From Vaysonnaz in Switzerland.
1.05 PM **Alpine Skiing** From Soldeu.
2.05 **LIVE Biathlon** The World Cup meeting from Oslo in Norway, eaturing the men's 10km sprint.
3.30 **LIVE Ski Jumping** Coverage of the men's HS140 Raw Air competition from Lillehammer.
5.15 **Alpine Skiing** From Soldeu.
6.15 **Biathlon** Action from Oslo.
7.15 **Ski Jumping** From Lillehammer.
8.15 **Discovery Golf**
8.45 **Bennetts British Superbikes**
9.00 **FIA World Endurance C'ship**
11.00 **Cycling** Recent highlights.
2.00 AM **Alpine Skiing**
4.00 **Ski Jumping**
5.00 **to 7.00** AM **Snooker**

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM **Alpine Skiing**
7.00 **Cycling: Milan-Torino**
8.00 **FIA World Endurance C'ship**
10.00 **Cycling: Nokere Koerse**
12.00 NOON **Discovery Golf**
12.30 PM **Cycling: Tour of Taiwan**
1.00 **LIVE Cycling: Grand Prix de Denain** Coverage of the men's one-day race from France, as the riders negotiate a 195.7km route.
2.45 **Cycling: Paris-Roubaix**
3.00 **Rally Raid**
4.00 **Rally Raid: Extreme E**
5.00 **World Superbikes**
7.00 **Sailing: The Ocean Race**
7.30 **Cycling: Tour of Taiwan**
8.00 **Cycling: Grand Prix de Denain**
9.00 **Cycling: Nokere Koerse**
10.00 **Alpine Skiing**
12.00 M'T **Biathlon**
1.01 AM **Ski Jumping**
2.00 **Cycling: Grand Prix de Denain**
3.00 **Cycling: Milan-Torino**
4.00 **Motocross World Championship**
5.00 **to 6.00** AM **Alpine Skiing**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Great Britain's First Black Captain** Profile of Clive Sullivan.
6.15 **Rugby League Retro**
8.00 **Super League Highlights**
8.45 **Super League Gold**
8.50 **LIVE NRL Manly Warringah Sea Eagles v Parramatta Eels.** From Sydney. Kick-off **9.00am**.
10.30 **LIVE One-Day International Cricket South Africa v West Indies.** Coverage from Buffalo Park in East London, South Africa.
7.00 PM **NBA Action** The latest news.
7.30 **LIVE Betfred Super League Castleford Tigers v Leeds Rhinos.** Kick-off **8.00pm**.
10.15 **Super League Highlights**
10.30 **NBA Action** The latest news.
11.00 **Kobe Bryant: The Interview**
12.00 M'T **Super League Highlights**
12.30 AM **NBA Basketball**
4.30 **NBA Action** The latest news.
5.00 **Super League Highlights**
5.30 **to 6.00** AM **Super League's Supermen**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **F1 Feature**
11.15 **Formula 1** Bahrain Grand Prix.
1.30 PM **The Notebook**
2.00 **F1 Drivers Press Conference**
3.00 **Formula 1** Highlights of the Bahrain Grand Prix in Sakhir.
4.00 **The Notebook**
4.30 **F1 Drivers Press Conference**
5.30 **Formula 1** A rerun of the Bahrain Grand Prix staged at Bahrain International Circuit in Sakhir.
7.45 **The Notebook**
8.15 **F1 Feature**
8.30 **F1 Drivers Press Conference** The drivers face questions ahead of the Saudi Arabian Grand Prix.
9.30 **Formula 1** Highlights of the Bahrain Grand Prix in Sakhir.
10.30 **The Notebook**
11.00 **F1 Drivers Press Conference**
12.00 M'T **Formula 1**
2.15 AM **Johnny, Seb & The Green Pea** A 100-year-old Aston Martin.
2.30 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Friday

17 March

Evening Planner

Entertainment

Comic Relief
BBC1, from 7pm
Joel Dommett, David Tennant, Zoe Ball and AJ Odudu introduce an evening of fun-packed laughs for Red Nose Day.

Crime Drama

Redemption
ITV1, 9pm
Drama starring Paula Malcomson as a Merseyside detective who receives shock news about her long-missing daughter.

OnDemand

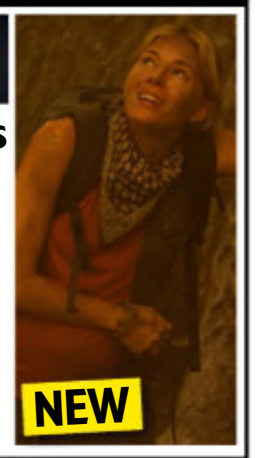
Disney+

Boston Strangler
Available today
Fact-based drama starring Keira Knightley and Carrie Coon about a killer on the loose in 1960s Boston.

OnDemand

tv+

Extrapolations
Available today
Anthology series featuring Sienna Miller, set in a near future when the world is dealing with the effects of climate change.



SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Comic Relief 2023						10.00 News; Local News	
102 BBC2	7.00 Saving Lives at Sea		8.00 Gardeners' World		9.00 Becoming Frida Kahlo		10.00 When Comic...	10.35 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Redemption		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Highclere: Behind the Scenes		9.00 Gogglebox		10.00 The Last Leg	
105 CHANNEL 5	7.00 Motorway Cops: Catching Britain's...		8.00 Motorway: Hell on the Highway		9.00 Amazing Railway Adventures with...		10.00 Draining the Thames: Secrets Revealed	
106 SKY SHOWCASE	7.00 The Simpsons				9.00 A League of Their Own Road Trip...		10.00 Fantasy Football...	10.35 SEAL Team
ENTERTAINMENT								
115 BBC3	7.00 Top Gear		8.00 Glow Up: Britain's Next Make-Up Star		9.00 Film: The Bling Ring			10.25 Tonight with Target
116 BBC4	7.00 All New Top of the Pops				9.00 Phil Lynott: Songs for While I'm Away			10.30 Sight & Sound...
118 ITV2	7.00 The Masked Singer US		8.00 Superstore		9.00 Loaded in Paradise		10.00 Family Guy	
136 MORE4	◂ 6.55 A Place in the Sun	7.45 The Great Pottery Throw Down: The Final			9.00 The Wall: Cover Your Tracks		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.30 The Farmer Wants a Wife: Australia			9.00 Film: Hitman: Agent 47			
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
108 SKY ATLANTIC	◂ 6.50 Yellowjackets	7.55 Game of Thrones			9.00 Succession			10.15 Christian
110 GOLD	◂ 6.40 Dad's Army		8.00 The Good Life		9.15 The Young Ones		10.00 Knowing Me, Knowing You – With...	
111 DAVE	7.00 House of Games	7.40 Room 101		8.20 Would I Lie to You?	9.00 QI			
119 ITV3	7.00 Heartbeat		8.00 Grace				10.00 DI Ray	
120 ITV4	◂ 6.55 The Chase Celebrity Special		8.00 The Chase Celebrity Special		9.00 All Elite Wrestling: Dynamite			
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Beverly Hills Cop			
139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Star Trek: Voyager		9.00 Wynonna Earp			
113 SKY MAX	7.00 Stargate SG-1		8.00 Strike Back: Shadow Warfare		9.00 A League of Their Own Road Trip...		10.00 Fantasy Football...	10.35 SEAL Team
132 ALIBI	7.00 Person of Interest		8.00 Death in Paradise		9.00 Shakespeare & Hathaway: Private...		10.00 The Diplomat	
130 SKY ARTS	◂ 6.30 The Chieftains: Water from...	7.50 Fleetwood Mac: Live in Boston			9.00 Women Who Rock			10.15 Guy Garvey: From the Vaults
DOCUMENTARY								
125 DISCOVERY	7.00 Kindig Customs		8.00 Gold Rush		9.00 Mystery at Blind Frog Ranch		10.00 Aircrash Confidential	
162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Legends of the Wild				10.00 Edge of Alaska	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Area 51: I Was There		9.00 New Air Force One: Flying Fortress		10.00 Inside Turkish Airlines	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Salvage Kings		9.00 The Booze, Bets and Sex That Built the World			
155 YESTERDAY	7.00 Secrets of the London Underground		8.00 Train Truckers				10.00 Bangers and Cash	
121 SKY DOCS	7.00 The Vow				9.00 Dublin Narcos		10.00 Fatboy Slim: Right Here, Right Now	
FILMS - Sky Cinema								
301 PREMIERE	◂ 5.15 Elvis		8.00 Marlowe			9.55 Where the Crawdads Sing		
303 HITS	◂ 6.05 Charlie's Angels		8.00 The Hangover Part III			9.50 Last Night in Soho		
304 GREATS	◂ 6.05 GI Blues		8.00 The Duellists			9.50 Marathon Man		
305 ANIMATION		7.20 Flushed Away			8.50 Cranston Academy: Monster Zone			10.20 The Ant Bully
306 FAMILY	◂ 5.35 School of Rock	7.35 The Divergent Series: Insurgent				9.40 Nanny McPhee & The Big Bang		
307 ACTION	◂ 5.45 Top Gun: Maverick		8.00 Bullet Train				10.10 The Raid 2	
308 COMEDY	◂ 6.10 She's Out of My League		8.00 Rough Night			9.55 50 First Dates		
309 THRILLER	◂ 6.10 Layer Cake		8.00 10 Cloverfield Lane				10.00 Red Eye	
310 DRAMA	◂ 5.50 Seven Pounds		8.00 Good Will Hunting				10.10 Manchester by the Sea	
311 SCI-FI	◂ 6.10 Freaky		8.00 Evil Dead 2			9.40 Battleship		
302 BEST OF 90S	◂ 5.35 Jerry Maguire		8.00 A Few Good Men					10.20 Ghost
313 FILM4	◂ 6.55 Maid in Manhattan				9.00 Terminator: Dark Fate			
315 TCM MOVIES	◂ 6.40 Beau Brummell				9.00 Criminal			
SPORT								
401 MAIN EVENT	7.00 FNF – Live: Nottingham Forest v Newcastle United (Kick-off 8.00)							
402 PREMIER LEAGUE	7.00 FNF – Live: Nottingham Forest v Newcastle United (Kick-off 8.00)							
403 FOOTBALL	7.00 EFL...	7.20 Bundesliga – Live: Borussia Moenchengladbach v Werder Bremen (Kick-off 7.30)				9.30 EFL Highlights		10.30 Inside the WSL
404 CRICKET	7.00 Talking Cricket		8.00 Pakistan Super League		9.00 One-Day International Cricket		10.00 Pakistan Super League	
413 BT SPORT 1	◂ 5.30 Serie A – Live: Sassuolo v Spezia (Kick-off 5.30); Atalanta v Empoli (Kick-off 7.45)					9.45 BT...	10.00 WWE NXT UK Classics	
414 BT SPORT 2	7.00 PL Preview	7.30 Ligue 1 Show	8.00 Ligue 1 – Live: Lyon v Nantes (Kick-off 8.00)				10.00 UEFA...	10.30 Fight Week

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Morning Live** New edition (S)
10.00 **Crimewatch Live** New edition (S)
10.45 **Critical Incident** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Hope Street** 1/10. Marlene unwittingly sabotages an undercover investigation. (S2) (R)
2.30 **The Repair Shop** (S)(R)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **Antiques Road Trip** Series finale Natasha Raskin Sharp and Phil Serrell shop in Northern Ireland before their auction in Wales. (S)
4.30 **Bridge of Lies** Game show. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

3.45 Antiques Road Trip

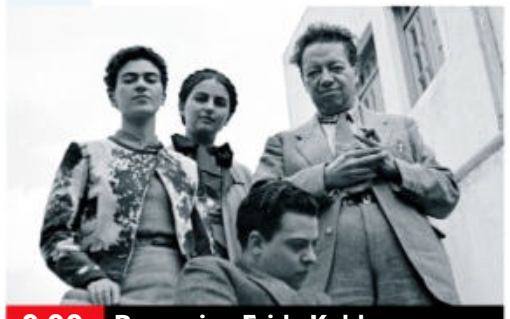
7.00 NEW **Comic Relief** David Tennant, Zoe Ball, Paddy McGuinness, Joel Dommett and AJ Odudu host a night jam-packed full with celebrity guests, hilarious sketches and live musical performances from MediaCityUK in Salford. There's a special edition of *The Traitors*, with Dawn French, Jennifer Saunders and Claudia Winkleman, while Kylie Minogue joins forces with the cast of hit BBC sitcom *Ghosts* in a one-off sketch. Plus, there is music from Tom Grennan and Zara Larsson. *See feature, page 8.* (S)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Comic Relief: The Best of the Best Bits** New edition Highlights from 35 years of Red Nose Day which, since its inception in 1985, has raised more than £1billion for vital causes. (S)
11.40 FILM **The Peanut Butter Falcon** Light-hearted adventure starring Shia LaBeouf. A young man with Down's syndrome runs away from his care home to pursue his dream of becoming a wrestler. (S)(AD) (2019, 12, 90min) ★★★
1.10 AM **Six Nations Sin Bin** New edition With Patrick Kielty, Zoe Lyons and Colin Charvis. (S)
1.40 **Weather for the Week Ahead** (S)
1.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Escape to the Country** (S)(R)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics UK** (S)
1.00 **Impossible** Game show. (S)(R)
1.45 **Eggheads** Quiz show. (S)(R)
2.45 **Hairy Bikers' Best of British** (R)
3.30 **Land of the Lost Wolves** (S)(R)
4.30 **Priceless Antiques Roadshow** (R)
5.00 **Flog It!** From Sussex. (S)(R)
6.00 **Richard Osman's House of Games** With Olga Koch, Reeta Chakrabarti, Andrew Maxwell and Gareth Thomas. (S)(R)
6.30 **Coast to Coast Food Festival** New edition 5/20. Edith Bowman and Colin Murray explore the Foodies Festival in Glasgow, where they discover the secrets to the best egg fried rice. (S)



9.00 Becoming Frida Kahlo

7.00 **Saving Lives at Sea** Just off the west coast of Scotland, on the rugged Isle of Mull, the Tobermory lifeboat crew have to battle huge waves to save a 40-foot fishing boat that has lost all power. (S)(R)

8.00 NEW SERIES **Gardeners' World** Monty Don and the team are back with a celebration of spring. As well as getting on with some essential rose pruning, Monty plants out clematis and rocket. (S)

9.00 **Becoming Frida Kahlo** New edition 2/3. Frida and Diego travel to San Francisco where he has an important mural commission. Her style stirs much excitement, and Frida is determined to succeed in her own right. (S)(AD)

10.00 NEW **When Comic Relief Did Big Brother** The biennial fundraiser's foray into the classic reality show's territory. (S)(AD)
10.35 **Newsnight** (S)
11.05 **Weather** (S)
11.10 **MOTDx** Football discussion. (S)(R)
11.40 **Couples Therapy** Series finale 9/9. India and Dale share insights about their work with Orna. (S)
12.05 AM **Dave** 2&3/10. (S2) (S)(R)(AD)
1.05 **Sign Zone: Panorama – Cops, Cash and Fraudsters** (S)(R)
1.35 **Sign Zone: Parole** (S)(R)(AD)
2.35 **Sign Zone: Our Flag Means Death** 9/10. Comedy. (S1) (S)(R)
3.00 **Sign Zone: Gary Lineker – My Grandad's War** (S)(R)(AD)
4.00 **to 4.00** AM **Previews** (S)

ITV1

103 103/176 803 | 103 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** Current affairs and lifestyle features. (S)
9.00 **Lorraine** Entertainment, current affairs and fashion news. (S)
10.00 **This Morning** Celebrity chat and lifestyle features. (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 LIVE **Racing: Cheltenham Festival** Ed Chamberlin presents coverage of day four of the prestigious festival, including feature race the 3.30 Gold Cup, plus races at 1.30, 2.10, 2.50 and 4.10. (S)
4.30 **Tipping Point: Best Ever Finals** New edition Some of the show's most dramatic endgames. (S)
5.00 **The Chase** Quiz show presented by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

4.30 Tipping Point: Best Ever Finals

7.30 **Emmerdale** Cathy's behaviour puts her life in danger, Alex makes an effort and Paddy is struggling. (S)(AD)

8.00 **Coronation Street** Stephen lets himself into Carla's flat while she sleeps, Dee-Dee is appalled by Adam's offer to represent Damon, and Evelyn invites Roy to her birthday gathering. (S)(AD)

9.00 NEW SERIES **Redemption** 1/6. Crime drama starring Paula Malcomson, which sees Liverpool detective DI Colette Cunningham take a call from Dublin when her daughter's body is found. *See feature, page12.* (S1) (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **The 40-Year-Old Virgin** Comedy starring Steve Carell and Catherine Keener. The workers in an electrical shop set out to coach their inexperienced 40-year-old colleague in the art of seduction. With Paul Rudd. (S)(AD) (2005, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Shop: Ideal World**
3.00 **The Jonathan Ross Show** Jonathan is joined by Maya Jama, Dame Prue Leith, James Acaster and Niall Horan. (S)(SL)(R)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour | 203 | 114 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **Countdown** (S)(R)
6.50 **3rd Rock from the Sun** (S)(R)(AD)
7.40 **The King of Queens** (S5) (S)(R)
9.00 **Frasier** 16-18/24. (S4) (S)(R)(AD)
10.30 **Undercover Boss USA** (S)(R)
11.25 **News** (S)
11.30 **Emergency Helicopter Medics** (R)
12.30 PM **Steph's Packed Lunch** New edition Magazine. (S)
2.10 **Countdown** New edition (S)
3.00 **Tool Club** New edition The pressure is on to complete the allotment makeover. (S)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition (S)
5.30 **Come Dine with Me** New edition The last host in Huddersfield is NHS worker Adam. (S)
6.00 **The Simpsons** (S)(R)(AD)
6.30 **Hollyoaks** Darren tries to mediate between Nancy and Charlie. (S)(AD)

9.00 Gogglebox

7.00 **News** (S)

8.00 **Highclere: Behind the Scenes** 1/5. Following life at Highclere Castle, best known as the setting for *Downton Abbey*. Lady Carnarvon becomes an unexpected tour guide for some Americans. (S)(R)(AD)

9.00 **Gogglebox** New edition The armchair critics are back to tuck into their takeaways while watching the best of the week's TV and streaming output, sharing their thoughts for the rest of the viewing public to see. (S)

10.00 **The Last Leg** New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by guest comedians Nish Kumar and Fern Brady for a comic review of the significant moments of the past seven days. (S)
11.05 **The Inbetweeners** 2/6. The friends play truant. (S)(SL)(R)(AD)
11.40 3/6. Simon passes his driving test, and the lads go to a theme park. (S1) (S)(SL)(R)(AD)
12.10 AM **Friday Night Dinner** (S)(SL)(R)
1.05 **Derry Girls** (S1) (S)(SL)(R)(AD)
2.00 **GameFace** (S2) (S)(SL)(R)(AD)
2.55 **The Simpsons** (S)(R)(AD)
3.20 **Come Dine with Me** (S)(R)(AD)
5.35 **to 6.00** AM **Jamie: Keep Cooking and Carry On** (S)(SL)(R)

+1 hour | 204/208 | 142 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 154 105 | 5 105 | 105 105

5.55 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
12.45 PM **GPs: Behind Closed Doors** Documentary. (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Fatal Mother's Retreat** Thriller starring Lara Amersey, Christina Cox and Chris Violette. (S) (2021, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** A catch-up with Tony and Michelle, who swapped Essex for a new life on the Costa del Sol 13 years ago. (S)(R)
5.00 **News** (S)
6.00 **Big Road Rescue: Emergency Call Out** Steve and his team try to recover a car that has crashed into a river. (S)(R)(AD)
6.55 **News** (S)

9.00 Amazing Railway Adventures

7.00 **Motorway Cops: Catching Britain's Speeders** 5/8. David Reed races to deliver life-saving equipment to a motorist with a suspected heart attack. (S)(R)
7.55 **News** (S)
8.00 **Motorway: Hell on the Highway** New edition 2/6. Focusing on the dangers of driving on black ice, including an incident when a lorry jackknifed and vaulted the central reservation. (S)
9.00 **Amazing Railway Adventures with Nick Knowles** New edition 2/6. Travelling north from the Viking capital of Trondheim, Nick takes a helicopter ride and meets a reindeer herder. (S)
10.00 **Draining the Thames: Secrets Revealed** 10/15. The Thames' water is drained, revealing fresh new evidence of how the British capital came to be one of the most powerful cities on Earth. (S)(R)
11.00 FILM **The Fifth Element** Luc Besson's sci-fi fantasy adventure starring Bruce Willis and Milla Jovovich. (S) (1997, PG, 145min) ★★★★★
1.25 AM **LeoVegas Live Casino Show**
3.25 **Tutankhamun with Dan Snow** Double bill. (S)(R)
5.05 **to 5.55** AM **The Railways That Built Britain with Chris Tarrant** (S)(SL)(R)(AD)

+1 hour 205 | 155 | 46 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Sky News Breakfast**
8.00 **Wildlife Rescue New Zealand** Documentary. (S)(R)(AD)
9.00 **Nothing to Declare** (S)(R)(AD)
10.00 **Supergirl** 9/19. (S5) (S)(R)
11.00 **NCIS: Los Angeles** (S11) (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
2.00 **S.W.A.T.** 11/22. (S5) (S)(R)(AD)
3.00 **Gangs of Lemur Island** (S)(R)
4.00 **Futurama** (S)(R)
5.00 **The Simpsons** (S)(R)
5.30 **The Fresh Prince of Bel Air** *Soooooooul Train:* 8/25. Vivian and Philip are on a music show. **6.00** *Love Hurts:* 9/25. Will's girlfriend embarrasses him with her martial arts skills. (S5) (S)(R)
6.30 **The Simpsons** *Sweets and Sour Marge:* Springfield is named the world's fattest town. (S)(R)

10.00 Fantasy Football League

7.00 **The Simpsons** *Jaws Wired Shut:* Homer has his jaw wired shut and learns the benefits of listening. (S)(R) **7.30** *Half-Decent Proposal:* Marge's former boyfriend makes Homer an offer he cannot refuse. (S)(R)
8.00 **The Simpsons** *The Bart Wants What It Wants:* Bart falls for Rainier Wolfcastle's daughter. (S)(R) **8.30** *Game Done Changed:* Bart finds a profitable glitch in an online game and starts a criminal enterprise. (S)(R)
9.00 **A League of Their Own Road Trip: Southeast Asia** New edition 5/6. Previously unseen footage from the show.
■ The first four editions are on Sky Box Sets
10.00 **Fantasy Football League** New edition Comedy chat show presented by Matt Lucas and Elis James.
10.35 **SEAL Team** *Crawl, Walk, Run:* 2/10. Bravo is deployed on a high-stakes mission. (S6) (R)
11.35 **Intelligence** 5/6. Jerry makes a confession. (S)(R)(AD) **12.05** AM 6/6. The truth about Jerry's past comes out. (S1) (R)
12.35 **Sex and the City** (S3) (S)(R)
1.45 **Road Wars** (S)(R)
2.15 **NCIS: Los Angeles** (S11) (S)(R)
3.10 **Hawaii Five-0** (S3) (S)(R)
4.05 **S.W.A.T.** 11/22. (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol** (S)(R)(AD)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 951, Virgin 862, Freesat 960
11.40pm A View from the Terrace (S)(R) **12.40am** FILM The Peanut Butter Falcon (S)(AD) (2019, 12, 90min) ★★★ **2.10** Six Nations Sin Bin Series finale (S) **2.40** Weather for the Week Ahead (S) **2.45-6.00am** BBC News (S)

N. IRELAND
Sky 953, Virgin 863, Freesat 957
11.40pm Jerk (S)(R)(AD) **12.05am** Jerk (S)(R)(AD) **12.30** Have I Got News for You (S)(R) **1.05-1.10am** Suzie Lee: Home Cook Hero New edition (S)

WALES
Sky 952, Virgin 864, Freesat 964
11.40pm Six Nations Sin Bin (S)(R) **12.10-1.40am** FILM The Peanut Butter Falcon (S)(AD) (2019, 12, 90min) ★★★

BBC2

N. IRELAND
Sky 972, Freesat 969
9.00-10.00pm Ceiliúradh Na Féile Pádraig (S)(R) **11.10** Becoming Frida Kahlo New edition (S)(AD) **12.10am** MOTDx (S)(R) **12.40-1.05am** Couples Therapy Series finale (S)

WALES
Sky 971, Freesat 971
No variations

ITV1

As main ITV1 except:
WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky 134, Virgin 166, Freesat 120
6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Caru Siopa (AD) **12.30** Heno **1.00** Richard Holt: Yr Academi Felys **1.30** Pobl a'u Gerddi **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion S4C a'r Tywydd **3.05** Gareth Jones: Nofio Adre **4.00** Awr Fawr **5.00** Stwnsh **6.00** Nyrsys (AD) **6.30** Adre **6.57** Newyddion S4C **7.00** Heno New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Chris a'r Afal Mawr (AD) **8.55** Newyddion S4C a'r Tywydd **9.00** Sgwrs Dan y Lloer **10.00** Y Stiwdio Grefftau (AD) **11.00-11.35pm** Gwely a Brecwast Maggi Noggi

TV&Satellite week
New issue on sale now

BBC3

115/117/141 | 107/157 | 23 109 | 179 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear**
7.55 **The Catch Up**
8.00 **Glow Up: Britain's Next Make-Up Star** Aspiring make-up artists battle each other to be named Britain's next make-up star.
9.00 FILM **The Bling Ring** Sofia Coppola's satirical fact-based drama starring Katie Chang, Israel Broussard and Emma Watson. Five celebrity-obsessed teenagers steal from the houses of the rich and famous stars they idolise. (2013, 15, 88min) ★★★★
10.25 **Tonight with Target** The host casts a satirical eye over the week's news stories. With co-host Remi Burgz.
11.10 **Jerk** 1/6. Tim's acting career is short-lived when he causes chaos on a set. **11.35** 2/6. Tim gets scouted as a drug dealer, but soon realises it isn't as fun as it looks on TV. (S3)
12.00 M'T **Go Hard or Go Home**
3.00 AM **Brickies** Documentary.
3.30 **to 4.00** AM **Jerk**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Top of the Pops** Iggy Pop, Michael Bolton, East 17 and Stiltskin from May 1994. **7.30** Music by Alice Cooper, Bad Boys Inc, Wet Wet Wet, Seal and Julia Fordham from May 1994. **8.00** Music by Leo Sayer, Gary Numan, Japan, ABC, Imagination and Visage. **8.30** With Bruce Willis, The Mission, Erasure, Genesis, Al Jarreau and Prince.
9.00 **Phil Lynott: Songs for While I'm Away** The life of the Thin Lizzy frontman.
10.30 **Sight & Sound in Concert: Thin Lizzy** Vintage gig by the Irish guitar rockers at the Regal Theatre in Hitchin, from January 1983.
11.05 **Irish Rock at the BBC** A compilation of Irish rock performances from the archives. Featuring Thin Lizzy, Ash, the Undertones, Stiff Little Fingers, U2, Sinead O'Connor and the Pogues.
12.00 M'T **Top of the Pops**
2.00 **to 3.30** AM **Phil Lynott: Songs for While I'm Away**

MORE4

136 136 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Binding books.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
2.10 **Four in a Bed**
4.50 **Location, Location, Location** In East Midlands.
5.55 **Kirstie and Phil's Love It or List It** In West Sussex.
6.55 **A Place in the Sun** A couple looking for a holiday home in the rural region of Jaen in Andalusia.
7.45 **The Great Pottery Throw Down: The Final** 10/10. Siobhán McSweeney hosts the grand final, with the three contestants challenged to create a stacking, pyramid vase centrepiece and a sgraffito globe.
9.00 **The Wall: Cover Your Tracks** New episode 7/8. Céline and Alex uncover the identity of a vital individual linked to Justine. A new corpse is discovered, while Céline comes to a shocking conclusion. Subtitled. (S1)
10.00 **24 Hours in A&E** A builder is rushed into A&E after falling 18 feet onto concrete.
11.00 **24 Hours in A&E** A three-year-old has been run over.
12.05 AM **8 Out of 10 Cats Does Countdown**
1.05 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236 | 196 | 125

E4

135 135 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Hotel Hell**
9.00 **Married at First Sight Australia** Reality series.
10.30 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **Brooklyn Nine-Nine**
1.00 PM **The Big Bang Theory**
3.00 **Modern Family**
4.00 **Brooklyn Nine-Nine**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** A devastating abduction on Mother's Day causes widespread panic.
7.30 **The Farmer Wants a Wife: Australia** New edition The farmers return to their farms with the one lady they have each chosen for their first 24-hour date. Before the remaining women arrive, the farmers face a hard decision.
9.00 FILM **Hitman: Agent 47** Action thriller starring Rupert Friend. A genetically engineered assassin fights against a corporation that plans to create an army of superhuman killers. (2015, 15, 92min) ★★
10.55 **Naked Attraction** Alesia and Louise try to select their perfect dates.
11.55 **Naked Attraction**
1.00 AM **Gogglebox**
2.00 **The Farmer Wants a Wife: Australia**
3.20 **Ramsay's Hotel Hell**
5.00 **to 6.00** AM **The Goldbergs**

+1 hour 235 | 146 | 30 | 123

Friday primetime

Instagram.com/TVSatelliteWeek

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

FRIDAY Entertainment

Friday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security USA**
8.00 **Border Patrol**
9.30 **Caught Red Handed**
11.00 **Elementary** 10/13. (S7)
12.00 NOON **FBI** 6/15. (S3)
1.00 PM **9-1-1** 18/18. Members of the 118 attempt to rescue a wellness retreat guru. (S5)
2.00 **Bull** 5/22. A doctor is put on trial after his DNA links him to a homicide. (S3)
3.00 **The Real A&E**
4.00 **Nothing to Declare**

8.00 Chicago Med

7 PM

7.00 **Nothing to Declare** A Chinese bulk carrier docks in Newcastle. **7.30** A couple's travel itinerary raises alarm bells.

8 PM

8.00 **Chicago Med** New episode *Everyone's Fighting a Battle You Know Nothing About:* A trans-organ exchange. (S8)

9 PM

9.00 **Chicago Fire** New episode *A Beautiful Life:* Pryma asks for help on a case, while Gallo and Carver clash. (S11)

10 PM

10.00 **Chicago PD** New episode *Under The Skin:* Difficult memories from Burgess' past rise to the surface. (S10)
11.00 **The Equalizer** 4/10. (S3)
12.00 M'T **FBI** 19/19. The team find the body of a student. (S2)
1.00 AM **FBI: Most Wanted** (S3)
2.00 **9-1-1** 15/18. (S5)
3.00 **Coroner** 6/10. (S3)
4.00 **Private Eyes** 9/12. (S4)
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 163

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Fish Town**
7.55 **The Affair** 3&4/12. (S2)
10.00 **Gomorrah** 7&8/12. (S1)
12.05 PM **Game of Thrones** (S6)
1.10 **The Leftovers** 7&8/8. (S3)
3.30 **Gomorrah** 5/12. Ciro embarks on a dangerous mission. Subtitled. (S1)
4.35 **Succession** 9/10. The Roy family assemble at a castle. **5.40** 10/10. Logan and his team find themselves in defence mode. (S1)
6.50 **Yellowjackets** 5/10. The girls plan a slumber party. (S1)

9.00 Succession

7.55 **Game of Thrones** *Book of the Stranger:* 4/10. Jorah and Daario take on a difficult task, and Jaime and Cersei try to improve their situation. (S6)

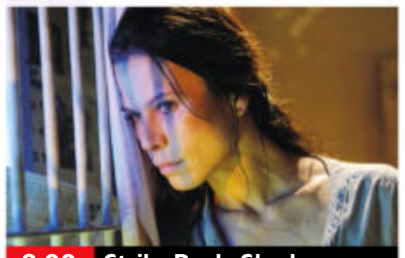
9.00 **Succession** *All the Bells Say:* 9/9. Shiv, Kendall and Roman join forces, and pushed to the brink, Tom makes a life-changing decision. (S3)
10.15 **Christian** 5/6. Matthew meets a priest who may have crucial information. Subtitled. In Italian. (S1)
11.20 **The Wire** 2/10. Marlo orders several murders and talks with Avon in prison. **12.30** AM 3/10. Marlo offers a reward for information. (S5)
1.40 **The Leftovers** 1/8. (S3)
2.50 **Game of Thrones** As 7.55pm.
4.00 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate SG-1** (S5)
8.00 **DC's Legends of Tomorrow**
9.00 **Quantum Leap** 9/22. (S3)
10.00 **Supergirl** 9/19. (S5)
11.00 **NCIS: Los Angeles** (S11)
1.00 PM **Hawaii Five-0** (S3)
2.00 **S.W.A.T.** 11/22. (S5)
3.00 **Quantum Leap** 8/22. (S3)
4.00 **DC's Legends of Tomorrow**
5.00 **Supergirl** 9/19. The Monitor sends Harbinger to gather the worlds' greatest heroes. (S5)
6.00 **Stargate SG-1** 4/22. Teal'c, Carter and Daniel return. (S5)


8.00 Strike Back: Shadow...

7.00 **Stargate SG-1** *Red Sky:* 5/22. The team's wormhole triggers an ecological disaster. (S5)

8.00 **Strike Back: Shadow Warfare** 1/10. Scott and Stonebridge discover a new threat in the shape of an Iranian terrorist. (S4)

9.00 **A League of Their Own Road Trip: Southeast Asia** New edition Previously unseen footage from the show.

10.00 **Fantasy Football League** New edition Matt Lucas and Elis James host.
10.35 **SEAL Team** *Crawl, Walk, Run:* 2/10. (S6)
11.35 **Banshee** 7/8. Tension starts to rise between Calvin and Proctor. (S4)
12.35 AM **The Force: North East**
1.30 **Road Wars**
2.00 **NCIS: Los Angeles** 4/22. (S11)
3.00 **Hawaii Five-0** 19/24. (S3)
4.00 **S.W.A.T.** 11/22. (S5)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Love Bites**
8.00 **Dress to Impress**
9.00 **Chuck** 24/24. (S4)
10.00 **One Tree Hill** 8/22. (S3)
11.00 **The O.C** 2/25. (S3)
12.00 NOON **Love Bites**
1.00 PM **Dress to Impress**
2.00 **Supermarket Sweep**
3.05 **Chuck** 1/13. (S5)
4.00 **One Tree Hill** 9/22. (S3)
5.00 **The O.C** 3/25. (S3)
6.00 **Celebrity Catchphrase**

11.30 American Dad!

7.00 **The Masked Singer US** The singers from Group B return to the stage in a special Thanksgiving-themed episode.

8.00 **Superstore** 2/15. Jonah and Amy prepare to leave. **8.30** 3/15. Jonah throws his hat into the ring for floor supervisor. (S6)

9.00 **Loaded in Paradise** New edition The pairs play a game of two truths and a lie that has a Greek plate-smashing twist.

10.00 **Family Guy** 11/20. Stewie uses steroids to increase his bees' honey output. **10.30** 1/20. Stewie and Brian form a band. (S15)
11.00 **Family Guy** 3/20. Quagmire decides to become a gigolo to earn money. (S15)
11.30 **American Dad!** (S4)
12.30 AM **Superstore** (S6)
1.30 **CelebAbility**
2.20 **Guinness World Records**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 116 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Coronation Street**
6.35 **Classic Emmerdale**
8.05 **Man About the House**
9.05 **Where the Heart Is**
11.10 **Agatha Christie's Poirot**
12.20 PM **Heartbeat**
1.25 **Classic Emmerdale**
2.25 **Classic Coronation Street**
3.30 **Midsomer Murders** *The Maid in Splendour:* A barman from the Maid in Splendour is shot.
5.30 **Downton Abbey** 8/9. Excitement is in the air as the wedding approaches. (S2)

8.00 Grace

7.00 **Heartbeat** *Affairs of the Heart:* The day of Nick and Jo's wedding arrives, but in a village where nothing goes smoothly.

8.00 **Grace** *Dead Tomorrow:* 4/4. A body is dredged up from the English Channel, and the investigation forces Grace to ask himself just how far someone might go to save the ones they love. (S2)

10.00 **DI Ray** 3/4. The body count continues to rise as Rachita and the team uncover more important evidence. (S1)
11.00 **DI Ray** 4/4. Rachita seeks out intelligence and sets up a meeting with Imran's handler's controller. She believes they hold valuable information that will crack the case. (S1)
12.05 AM **Where the Heart Is**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 174 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.30 LIVE **Sportscene: Championship** Arbroath v Greenock Morton. Coverage of the second-tier encounter from Gayfield Park. Kick-off is at 7.45.
10.00 **Still Game** 1/6. Wullie begins seeing a woman half his age, and Winston waits to have a new false leg fitted. (S4)
10.30 **A View from the Terrace** New edition Craig G Telfer, Craig Fowler, Robert Borthwick, Shaughan McGuigan and Joel Sked present a sideways look at Scottish football.
11.30 PM **to 12.00** M'T **Growing Up Scottish** Jane McCarry, Des Clarke and Fred MacAulay, remember school days.

Sky Comedy

114/115 112 347 362

8.00 AM **Futurama** (S2&3)
9.00 **A.P. Bio** (S4)
10.00 **Pen15** 7&9/15. (S2)
11.15 **Entourage** (S3)
12.30 PM **Fresh Prince of...**
1.30 **Our Cartoon President**
2.35 **The Office (US)** (S3)
3.00 **Will & Grace** (S3)
4.00 **The Conners** (S4)
4.30 **Futurama** (S6)
5.00 **The Office (US)** (S3)
5.30 **Fresh Prince of Bel Air**
6.30 **Futurama** (S3)
7.30 **The Office (US)** (S5)
8.00 **The Conners** New episode 4/20. (S4)
8.30 **The Office (US)** (S6)
9.00 **Intelligence** 1&2/6. (S2)
10.00 **Mrs Fletcher** (S1)
11.15 **The Late Late Show with James Corden** New edition Chat show.
12.15 AM **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
1.15 **Sex and the City** (S3)
2.20 **Curb Your Enthusiasm**
3.00 **Entourage** (S3)
4.00 **to 5.00** AM **A.P. Bio**

Sky Arts

130 130 140 123 11 147 365

6.00 AM **Darbar Festival**
7.15 **La Dolce Vita: The Music of Italian Cinema**
9.00 **Tales of the...**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Fate, Exclusion and Tragedy**
1.00 PM **Tales of the...**
2.00 **My Greatest Shot**
3.00 **Landscape Artist 2019**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
5.30 **Hitchcock Presents**
6.30 **The Chieftains: Water from the Well**
7.50 **Fleetwood Mac: Live in Boston**
9.00 **Women Who Rock** Series finale
10.15 **From the Vaults**
11.15 **Gary Numan Resurrection**
1.00 AM **New Order: Decades**
3.00 **A Life on the Road**
4.00 **Classic Albums**
5.00 **Music Icons**
5.30 **to 6.00** AM **Video Killed the Radio Star**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Motorway Patrol**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Road Wars**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S4)
5.00 **Star Trek: The Next Generation** 6/26. (S4)
6.00 **Star Trek: Enterprise**
7.00 **Star Trek: Voyager** (S2)
8.00 **NCIS: New Orleans** (S2)
9.00 **S.W.A.T.** 15/21. (S3)
10.00 **Grimm** 15/22. (S1)
11.00 **Snapped** Crime series.
12.00 M'T **How I Caught the Killer** Documentary.
1.00 AM **The Force: North East** The cells fill up.
2.00 **Nothing to Declare**
3.00 **Border Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

Comedy Central

112/113 132 345 360

8.00 AM **Younger** (S4)
9.00 **The Middle** (S9)
10.00 **Last Man Standing** (S7)
1.00 PM **Friends** (S6)
8.00 **Friends** 3/24. Chandler plays racquetball with Monica's father. **8.30** 4/24. Rachel faces a dilemma. (S7)
9.00 FILM **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. (1984, 15, 105min) ★★★★★
11.15 FILM **Jackass Presents: Bad Grandpa** Comedy. (2013, 15, 92min) ★★★
1.05 AM **South Park** (S16)
2.05 **Michael McIntyre: Hello Wembley!**
3.00 **Jimmy Carr: Making People Laugh**
3.45 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 133

ITV Be

131 119 28 119

7.00 AM **Real Housewives of Cheshire** Reality series.
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of New Jersey**
1.20 **The Real Housewives of Cheshire** Reality series.
2.20 **The Only Way Is Essexmas** Reality series.
3.15 **Million Dollar Listing: LA** Property series.
4.10 **The Real Housewives of Orange County**
5.00 **The Real Housewives of New York City**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Dinner Date**
9.00 **Botched** Dr Terry Dubrow transforms a woman's chest. **10.00** Performing a rhinoplasty on a woman.
11.00 **Dr. 90210**
11.55 PM **to 1.00** AM **The Only Way Is Essex**

+1 hour 120 58

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Robin of Sherwood**
7.30 **Magnum, PI**
8.30 **Racing: The Opening Show**
10.00 **Great Racehorses**
10.20 **Minder**
11.25 **Dempsey and Makepeace**
12.25 PM **Robin of Sherwood**
1.35 **The Protectors**
2.40 **Magnum, PI**
3.45 **The Sweeney**
4.50 **Minder**
5.55 **Extreme Salvage Squad**

4.50 Minder

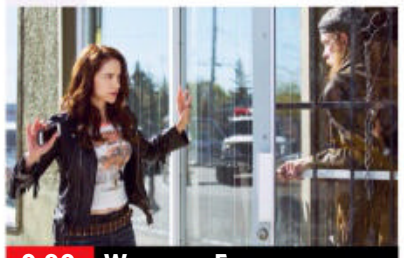
6.55 **The Chase Celebrity Special** Dane Baptiste, Nigel Owens, Anita Rani and Mark Pougatch take part in the quiz show.
8.00 **The Chase Celebrity Special** Jacqui Oatley, Dev Griffin, Johnny Vegas and Fallon Sherrock take part in the quiz show.
9.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling – the roster features world-class talent including Jon Moxley, Chris Jericho, Bryan Danielson and Claudio Castagnoli.
11.05 FILM **Terminator 2: Judgment Day** Sci-fi action thriller sequel starring Arnold Schwarzenegger, Linda Hamilton and Edward Furlong. (1991, 15, 146min) ★★★★★
1.50 AM **Robin of Sherwood**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 175 60 118

Sky Sci-Fi

139 139 836 122 348 363

6.00 AM **Siren** 1/10. (S3)
7.00 **Pandora** 1/10. (S2)
8.00 **Teleshopping**
11.00 **Pandora** 1/10. (S2)
12.00 NOON **Star Trek: Deep Space Nine** 20&21/26. (S2)
2.00 PM **Fringe** 7/22. (S2)
3.00 **Quantum Leap** 1/9. (S1)
4.00 **Pandora** 1/10. (S2)
5.00 **Stargate SG-1** 20/22. (S5)
6.00 **Star Trek: Deep Space Nine** 20/26. Part one of two. Federation rebels sabotage a Cardassian freighter. (S2)


9.00 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *The Maquis – Part Two:* 21/26. Sisko, Kira and Bashir are captured by the Maquis. (S2)
8.00 **Star Trek: Voyager** *Jetrel:* 15/16. Neelix's arch-enemy arrives on the ship. (S1)
9.00 **Wynonna Earp** *Leavin' on Your Mind:* 3/13. Wynonna helps Agent Dolls trail three wayward revenants.
10.00 **Wynonna Earp** *The Blade:* 4/13. A blade-wielding apparition begins haunting Wynonna. (S1)
11.00 **Blood & Treasure** 13/13. (S2)
12.00 M'T FILM **Triassic Hunt** Action adventure starring Michael Paré. (2021, 15, 86min) ★★
2.00 AM **Star Trek: Voyager** (S1)
3.00 **Stargate SG-1** 20/22. (S5)
4.00 **to 6.00** AM **Star Trek: Deep Space Nine**

+1 hour 229

Alibi

109/110 809 126 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **WPC 56** 2/5. (S3)
10.00 **Rizzoli & Isles** 7/15. (S2)
11.00 **Person of Interest** (S3)
12.00 NOON **Miss Fisher's Murder Mysteries** 2/13. (S2)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Rizzoli & Isles** 7/15. (S2)
6.00 **Without a Trace** 5/24. The team search for a missing woman who vanished after a fight with her boyfriend. (S4)

9.00 Shakespeare & Hathaway

7.00 **Person of Interest** *The Devil's Share:* 10/23. A badly-wounded Reese goes on the hunt for Simmons. (S3)
8.00 **Death in Paradise** *Dark Memories:* 7/8. Someone from JP's past is caught red-handed at a murder scene. (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** 3/10. An Eastern European oligarch disappears. (S2)
10.00 **The Diplomat** 3/6. Laura receives unexpected help in the Sutherland investigation, and Alba is left to run the office. (S1)
11.00 **Without a Trace** As 6pm.
12.00 M'T **The Doctor Blake Mysteries** 2/10. A rock 'n' roll star dies in an alleyway. (S2)
1.00 AM **Miss Fisher's Murder Mysteries** 2/13. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 191

GOLD

110/111 110/111 124 344 359

7.10 AM **Highlights**
9.20 **Hi-de-Hi!**
10.00 **Only Fools and Horses**
10.40 **Last of the Summer Wine**
12.00 NOON **The Green Green Grass**
12.40 PM **Outnumbered**
1.20 **Dad's Army**
2.00 **Only Fools and Horses**
2.40 **Hi-de-Hi!**
3.20 **Last of the Summer Wine**
4.40 **Dad's Army**
5.20 **The Green Green Grass**
6.00 **Hi-de-Hi!**
6.40 **Dad's Army**

10.40 The Last Fast Show Ever

7.20 **Dad's Army** The platoon help Private Godfrey's widowed friend gather in the harvest on her farm.
8.00 **The Good Life** Barbara braves the ordeal of public speaking. **8.35** Tom and Barbara try to make clothes out of nettles and wool.
9.15 **The Young Ones** The students throw a party, where Rick attempts to impress a lecturer.
10.00 **Knowing Me, Knowing You with Alan Partridge**
10.40 **The Last Fast Show Ever** Compilation from Christmas specials.
11.35 **The Fast Show: Just a Load of Blooming Catchphrases** Clips from the archives.
1.25 AM **The Young Ones**
2.10 **Knowing Me, Knowing You with Alan Partridge**
2.40 **Newark, Newark**
3.25 **to 4.00** AM **Coupling**

+1 hour 210/211 194

Dave

111/112 127 19 157

7.10 AM **Driving Wars**
8.00 **Cop Car Workshop**
9.00 **The Force: Behind the Line**
10.00 **Australian Ninja Warrior**
11.30 **Rick Stein's Far Eastern Odyssey** From Bangladesh.
12.30 PM **The Force: Behind the...**
1.00 **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Australian Ninja Warrior** New edition The final heat.
5.30 **Travel Man: 48 Hours in Budapest** With Aisling Bea.
6.00 **Taskmaster**

5.30 Travel Man: 48 Hours in...

7.00 **Richard Osman's House of Games** With Clara Amfo and Al Murray.
7.40 **Room 101** The best bits from the series, plus some unseen clips.
8.20 **Would I Lie to You?** With Josh Widdicombe, Sophie Hermann, Gemma Cairney and Raj Bisram
9.00 **QI** Joe Lycett, Phil Wang and Ellie Taylor join Alan Davies, as questionmaster Sandi Toksvig looks at the pastimes of past times.
10.00 **QI** Matt Lucas, Holly Walsh and Susan Calman join Alan Davies, as Sandi Toksvig opens her mail in a post-themed edition.
11.00 **Taskmaster** With Doc Brown.
12.00 M'T **Mock the Week**
12.40 AM **QI XL** With Colin Lane.
1.20 **Hypothetical**
2.15 **Comedians Giving Lectures**
2.45 **Perfect** Comedy.
3.30 **to 4.00** AM **The Best of Famalam**

+1 hour 211 131 57

Friday

7 PM

8 PM

9 PM

10 PM

GREAT! tv

157 189 50 142

6.00 AM **Sue Thomas: F.B.Eye** 7&8/19. (S3)
8.00 **Highway to Heaven**
10.00 **Crazy Like a Fox** (S1)
11.00 **Castle** 17/23. (S6)
12.00 NOON **Body of Proof**
1.00 PM **Sue Thomas: F.B.Eye** 17&18/19. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 9-12/20. (S9)
9.00 **Randall and Hopkirk (Deceased)** *When Did You Start to Stop Seeing Things?* 10/26. Jeff loses the ability to see Marty. (S1)
10.00 **The Persuaders!** *A Death in the Family:* 21/24. Brett learns his life is in danger. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S9)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **Sue Thomas: F.B.Eye**
4.30 **to 6.00** AM **Highway to Heaven**

+1 hour 257 220 62 143

4seven

137 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
12.30 PM **A New Life in the Sun** From France.
1.30 **Come Dine with Me**
4.00 **A Place in the Sun: Home or Away**
5.00 **A Place in the Sun**
7.00 **George Clarke's Remarkable Renovations** A couple renovating a 19th-century coach house.
8.00 **999: On the Front Line** A car crash survivor needs to be carefully removed from his vehicle to protect his spine.
9.00 **24 Hours in A&E** An 18-year-old is rushed in after coming off his motor scooter.
10.00 **Grand Designs**
11.05 **Gogglebox**
1.10 AM **The Dog House**
2.15 **Gogglebox: 10 Year Anniversary Special**
3.45 **to 4.50** AM **Katie Price's Mucky Mansion**

+1 hour 229

5USA

141 141 153 21 129

9.00 AM **NCIS** 12-14/25. (S6)
11.55 **Entertainment News**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Inside Man:* 3/24. A blogger accuses the NCIS of a cover-up. **7.00** *Good Cop, Bad Cop:* 4/24. A marine with a link to Ziva is found dead. **8.00** *Code of Conduct:* 5/24. A marine is found dead on Halloween. **9.00** *Outlaws and In-Laws:* 6/24. Gibbs's mentor is linked to a double murder. (S7)
10.00 **Law & Order: Special Victims Unit** Four episodes, including at: **11.55** *Birthright:* 1/23. A doctor's unethical practices are exposed. **12.55** AM *Debt:* 2/23. The team uncover a prostitution ring. (S6)
1.50 **The Blacklist** (S1)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 185 130

5STAR

128 151 32 131

8.00 AM **Rich Holiday, Poor Holiday**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Car Pound Cops: Give...**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops: Give...**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Documentary.
8.00 **Car Pound Cops: Give Me My Car Back!** New edition
9.00 FILM **Edge of Tomorrow** Sci-fi adventure. (2014, 12, 113min) ★★★★
11.15 FILM **Blitz** Thriller with Jason Statham. (2011, 18, 97min) ★★★
1.15 AM **HMP Full Sutton: Evil Behind Bars**
2.35 **Cause of Death**
3.25 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228 186 141

W

132 827 125 25 156

6.15 AM **Top Chef**
7.00 **Property Brothers: Forever Homes**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **Hairy Bikers' Northern Exposure**
1.00 PM **Tipping Point**
4.00 **DIY SOS: The Big Build**
5.00 **Property Brothers: Forever Homes**
6.00 **MasterChef Australia**
8.00 **Inside the Ambulance: Coast and Country** Paramedics come to the aid of a father and son whose car has been hit by a falling tree on a dark and stormy night.
9.00 **Emergency: First Time Medics** Claire tries to help a cancer patient who is bleeding heavily.
10.00 **Gavin & Stacey**
12.00 M'T **24 Hours in A&E**
1.00 **to 3.00** AM **Rochelle Humes: Interior Designer in the Making**

+1 hour 232 190

Drama

143 130 20 158

7.20 AM **Pie in the Sky**
8.15 **The Bill**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Howards' Way**
3.10 **Lovejoy**
4.10 **Peak Practice**
5.20 **The Brittas Empire**
6.00 **Keeping Up Appearances**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Labyrinth of the Minotaur:* Lady Felicia's wayward niece Bunty is suspected of murder. **9.00** *The Eve of St John:* The priest investigates a death involving pagans.
10.00 **New Tricks**
11.20 **Cutting It**
12.40 AM **Bad Girls**
1.40 **Lovejoy**
2.50 **to 4.00** AM **Classic Holby City**

+1 hour 243 226 60

FRIDAY

Documentaries

Friday

RealityXtra
147 197 68 134

- **9.00** AM **Medical Detectives**
- **11.00** **Matlock** As 6pm.
- **12.00** NOON **The Fugitive** (S2)
- **1.00** PM **Donal MacIntyre: Unsolved** Double bill.
- **3.00** **Medical Detectives**
- **5.00** **The Fugitive** *May God Have Mercy:* 25/30. The Leonettis, a couple from Kimble's past who hold him responsible for the death of their child, see him working as a hospital orderly and notify the police. (S2)
- **6.00** **Matlock** *The Ghost:* 5/19. A man asks Ben to appeal on behalf of his wife, but the attorney soon grows suspicious. (S7)
- **7.00** **Judge Judy** Real-life small-claims cases.
- **1.00** AM **Matlock** As 6pm.
- **2.00** **The Fugitive** As 5pm.
- **3.00** **Donal MacIntyre: Unsolved** Double bill.
- **5.00** **to 6.00** AM **Medical Detectives**

Legend
148 149 41 137

- **8.00** AM **Walker, Texas Ranger** 3/26. (S5)
- **9.00** **Mutant X** 6/22. (S3)
- **10.00** **Star Trek: The Next Generation** 9/26. (S5)
- **11.00** FILM **Monster Hunters** Thriller. (2020, 15) ★
- **1.00** PM FILM **Gunsmoke: The Last Apache** Western. (1990, PG) ★★
- **3.00** FILM **Orca... Killer Whale** Adventure. (1977, PG, 92min) ★
- **5.00** **Star Trek** 21/24. (S3)
- **6.00** **Star Trek: The Next Generation** 10/26. (S5)
- **7.00** **Airwolf** 20/22. (S3)
- **8.00** **Walker, Texas Ranger**
- **9.00** FILM **He Who Dares** Thriller. (2014, 15) ★
- **10.35** FILM **Fighting Back** Vigilante thriller. (1982, 15, 98min) ★★
- **12.30** AM FILM **Initiation** Horror thriller. (2020, 18, 96min) ★★
- **2.25** **to 4.20** AM FILM **Mara** Horror thriller. (2018, 18, 98min) ★★

Challenge
145 139 48 146

- **7.00** AM **The Chase**
- **10.00** **Dickinson's Real Deal**
- **11.00** **Dale's Supermarket Sweep** Double bill.
- **12.00** NOON **Wheel of Fortune** Double bill.
- **1.00** PM **Catchphrase**
- **2.00** **Classic Who Wants to Be a Millionaire?** Quiz.
- **3.00** **Play Your Cards Right**
- **4.00** **Dickinson's Real Deal**
- **5.00** **Bullseye** Four editions of the darts-based quiz.
- **7.00** **Pointless** Quiz hosted by Alexander Armstrong and Richard Osman.
- **8.00** **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
- **10.00** **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
- **11.00** **Bullseye** Double bill of the darts-based quiz.
- **12.00** M'T **The Chase**
- **4.00** AM **Classic Who Wants to Be a Millionaire?**
- **5.00** **to 6.00** AM **Bullseye**

E!
159 159 835 160

- **7.00** AM **Wags: LA**
- **8.00** **Keeping Up with the Kardashians**
- **10.00** **The Bradshaw Bunch**
- **11.00** **Rich Kids of Beverly Hills** Reality series.
- **12.00** NOON **Botched**
- **1.00** PM **Kourtney & Kim Take Miami**
- **2.00** **Keeping Up with the Kardashians**
- **7.00** **Botched** A woman who wants to remove her chest implants. **8.00** An executive wants to downsize her breasts.
- **9.00** **Keeping Up with the Kardashians** Four editions, including at: **10.00** The family take in a homeless man. **10.30** The family face a sex scandal.
- **11.00** **Rich Kids of Beverly Hills** Reality series.
- **12.00** M'T **Dr 90210**
- **1.00** AM **Wags: LA**
- **2.00** **Teleshopping**
- **3.00** **to 5.00** AM **Giuliana and Bill**

Sky Documentaries
121 121 819 277 352 367

- **6.00** AM **Story of Late Night**
- **7.00** **Discovering: Walter Matthau**
- **8.00** **The Directors**
- **9.00** **The Nineties**
- **10.00** **The Vow**
- **11.50** **My Icon**
- **12.00** NOON **The Biggest Little Farm** Documentary.
- **1.50** PM **My Icon**
- **2.00** FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
- **4.00** **The Directors**
- **5.00** **Discovering: Walter Matthau**
- **6.00** **The Nineties**
- **7.00** **The Vow**
- **8.50** **My Icon**
- **9.00** **Dublin Narcos**
- **10.00** **Fatboy Slim: Right Here, Right Now**
- **11.50** **Brazil 2002**
- **1.40** AM **Foreman**
- **3.25** **Midnight Family**
- **5.00** **to 6.00** AM **Discovering: Walter Matthau**

Sky Nature
124 124 822 278 354 369

- **6.00** AM **Animal Senses**
- **7.00** **Monkey Life**
- **8.00** **Wildlife Rescue New Zealand**
- **9.00** **Gangs of Lemur Island**
- **10.00** **Extreme Africa**
- **11.00** **The Wadden Sea**
- **12.00** NOON **New Kids in...**
- **1.00** PM **Monkey Life**
- **2.00** **Wildlife Rescue New Zealand**
- **3.00** **Gangs of Lemur Island**
- **4.00** **Extreme Africa**
- **5.00** **The Wadden Sea**
- **6.00** **New Kids in the Wild**
- **7.00** **Monkey Life**
- **8.00** **Battle of the Alphas**
- **9.00** **Wild Pacific Rescue**
- **10.00** **The Wadden Sea**
- **11.00** **New Kids in the Wild**
- **12.00** M'T **Age of the Big Cats**
- **1.00** AM **A Bee's Diary**
- **2.00** **Battle of the Alphas**
- **3.00** **Wild Pacific Rescue**
- **4.00** **Wildlife Rescue New Zealand**
- **5.00** **to 6.00** AM **Gangs of Lemur Island**

HGTV
158 286 44 166

- **7.00** AM **Building Off the...**
- **8.00** **The Great Interior Design Challenge**
- **9.00** **A Place in the Sun**
- **10.00** **Escape to the Country**
- **11.00** **Fantasy Homes by...**
- **12.00** NOON **My Lottery...**
- **1.00** PM **Home Town**
- **2.00** **Charlotte Church's Dream Build**
- **3.00** **The Great Interior Design Challenge**
- **4.00** **My Dream Derelict Home in the Sun**
- **5.00** **Building Off the Grid**
- **6.00** **A Place in the Sun**
- **7.00** **Fantasy Homes by the Sea** In Northumberland.
- **8.00** **Escape to the Country**
- **9.00** **Good Bones**
- **10.00** **The Flipper Upper**
- **11.00** **Home Town**
- **12.00** M'T **Fantasy Homes...**
- **1.00** AM **Building Off the...**
- **2.00** **My Dream Derelict...**
- **3.00** **to 4.00** AM **My Lottery Dream Home**

+1 hour 258 290

Food Network
140 285 43 148

- **6.00** AM **Southern Kitchen**
- **7.00** **The Pioneer Woman**
- **8.00** **Delicious Miss Brown** New editions
- **9.00** **Jamie's 15 Minute Meals**
- **9.30** **Jamie's 30 Minute Meals**
- **10.00** **Simple Comforts**
- **11.00** **Follow Donal to Europe**
- **11.30** **Follow Donal to Vietnam**
- **12.00** NOON **Great British...**
- **2.00** PM **American Adventure**
- **3.00** **Jamie's 15 Minute Meals**
- **3.30** **Jamie's 30 Minute Meals**
- **4.00** **Delicious Miss Brown**
- **5.00** **Barefoot Contessa**
- **5.30** **The Pioneer Woman**
- **6.00** **Friday Night Feast**
- **7.00** **Great British Bake Off**
- **8.00** **American Adventure**
- **9.00** **John Torode's Ireland**
- **10.00** **Friday Night Feast**
- **11.00** **Restaurant: Impossible**
- **12.00** M'T **Guy's Grocery Games** New edition
- **1.00** AM **Restaurant:...**
- **2.00** **to 3.00** AM **Jamie at Home**

+1 hour 240 149

DMAX
172 171 39 150

- **6.00** AM **Salvage Dawgs**
- **7.00** **Outback Opal Hunters**
- **8.00** **Alaska: Homestead Rescue** Reality series.
- **9.00** **The Last Alaskans**
- **10.00** **Alaska: Last Frontier**
- **12.00** NOON **Yukon Men**
- **1.00** PM **Aussie Gold Hunters**
- **2.00** **Gold Divers**
- **4.00** **Building Off the Grid**
- **5.00** **Scrap Kings**
- **6.00** **Outback Opal Hunters**
- **7.00** **Deadliest Catch** The conditions take their toll on the captains.
- **8.00** **Alaska: Last Frontier**
- **9.00** **Shifting Gears with Aaron Kaufman**
- **10.00** **Junkyard Empire**
- **11.00** **Jade Fever**
- **12.00** M'T **Alaska: Last Frontier** Reality series.
- **1.00** AM **Naked and Afraid**
- **2.00** **Teleshopping**
- **4.00** **Tanked**
- **5.00** **to 6.00** AM **Maine Cabin Masters**

+1 hour 272 214 151

5Action
150 150 33 132

- **9.00** AM **Entertainment News**
- **9.10** **Forged in Fire**
- **10.00** **Traffic Cops**
- **11.00** **Police Interceptors**
- **12.00** NOON FILM **White Feather** Western with Robert Wagner. (1955, U, 104min) ★★★
- **2.05** PM FILM **Hurricane** World War Two drama with Iwan Rheon. (2018, 12, 107min) ★★★
- **4.10** **Forged in Fire**
- **5.05** **Traffic Cops**
- **6.00** **Police Interceptors**
- **9.00** **Traffic Cops**
- **10.00** **Motorway Cops: Catching Britain's Speeders** Documentary.
- **11.00** **Police: Hour of Duty**
- **12.00** M'T **Police Interceptors**
- **1.55** AM **Fights, Camera, Action!** Documentary.
- **2.55** **What Went Wrong: Countdown to Disaster**
- **3.45** **Red Arrows Take America**
- **4.30** **to 5.00** AM **Winter Road Rescue**

Sky Crime
122 122 820 121 349 364

- **6.00** AM **Highway Patrol**
- **7.00** **Motorway Patrol**
- **8.00** **Highway Cops**
- **9.00** **Nothing to Declare**
- **10.00** **999 Frontline**
- **10.30** **911 Crisis Centre**
- **11.00** **The DNA of Murder**
- **12.00** NOON **Murdered at First Sight** Robin Chard.
- **1.00** PM **Murders That Shocked the Nation**
- **2.00** **Killer in My Village**
- **3.00** **World's Most Evil Killers**
- **4.00** **Britain's Most Evil Killers**
- **5.00** **Catching the Killer**
- **6.00** **Killing Mum and Dad**
- **7.00** **World's Most Evil Killers**
- **8.00** **Britain's Most Evil Killers**
- **9.00** **Snapped** New edition
- **10.00** **World's Most Evil Killers**
- **11.00** **Who Killed Jill Halliburton Su?**
- **1.00** AM **Love You to Death**
- **2.00** **Killing Mum and Dad**
- **3.00** **Killer in My Village**
- **4.00** **The Force: Manchester**
- **5.00** **to 6.00** AM **Motorway...**

+1 hour 222 164

CBS Reality
146 148 67 135

- **9.00** AM **Judge Judy**
- **1.00** PM **Judge Judy**
- **7.00** **Medical Detectives** A frozen body wrapped in sheets is found near Anchorage, Alaska. **7.30** A tragedy on a shrimp boat sees the captain drown.
- **8.00** **48 Hours** A woman fights for her life after being attacked.
- **9.00** **See No Evil** New edition Tom and Jill Estes' bodies are found behind a dumpster in Missouri.
- **10.00** **Shocking Crimes: Murder Book**
- **11.00** **Fatal Vows**
- **12.00** M'T **Injustice with Nancy Grace**
- **1.00** AM **See No Evil**
- **2.00** **Shocking Crimes: Murder Book**
- **3.00** **48 Hours**
- **3.45** **Medical Detectives**
- **4.10** **to 6.00** AM **Judge Judy**

+1 hour 246 218 136

Really
142 128 17 160

- **6.00** AM **Fantasy Homes by the Sea** In East Sussex.
- **7.00** **Teleshopping**
- **8.00** **Salvage Hunters**
- **10.00** **Antiques Road Trip**
- **12.00** NOON **Money for Nothing** A drawing table.
- **1.00** PM **A Place in the Sun**
- **2.00** **Animal Cops Houston**
- **4.00** **Dr Jeff: Rocky Mountain Vet**
- **5.00** **Helicopter ER**
- **6.00** **Money for Nothing**
- **7.00** **Antiques Road Trip**
- **9.00** **Ghost Adventures: House Calls** New episode Zak sends the crew to a ranch.
- **10.00** **Help! My House Is Haunted** New edition A couple who have found spirits in a property they purchased.
- **11.00** **Ghost Adventures**
- **12.00** M'T **Ghost Loop**
- **1.00** AM **Ghost Adventures**
- **2.00** **Teleshopping**
- **4.00** **to 6.00** AM **Animal Cops Houston**

Blaze
164 199 64 162

- **6.00** AM **Hardcore Pawn**
- **7.45** **The UnXplained with William Shatner**
- **8.40** **Ancient Aliens**
- **10.40** **Storage Wars Canada**
- **11.10** **Storage Wars**
- **12.10** PM **Pawn Stars**
- **2.05** **Hardcore Pawn**
- **4.00** **Ancient Aliens**
- **6.00** **The UnXplained with William Shatner**
- **7.00** **Storage Wars**
- **8.00** **Dickinson's Real Deal**
- **9.00** **Walking Through History: King John's Ruin – Peak District** Exploring the story of the medieval monarch.
- **10.00** **Strangest Things**
- **11.00** **Secrets in the Ice**
- **12.00** M'T **Paranormal Survivor** Documentary.
- **1.00** AM **Court Cam**
- **2.00** **Shipping Wars**
- **3.00** **Dickinson's Real Deal**
- **3.45** **Storage Wars Canada**
- **4.10** **to 6.00** AM **Pawn Stars**

+1 hour 81

TLC
133 133 828 167

- **7.00** AM **Flip or Flop**
- **8.00** **Good Bones**
- **9.00** **Say Yes... UK**
- **10.00** **Say Yes to the Dress**
- **11.00** **Say Yes... Atlanta**
- **12.00** NOON **Say Yes to the Dress: Lancashire**
- **1.00** PM **Cake Boss**
- **2.00** **My 600lb Life**
- **3.00** **My Lottery Dream...**
- **4.00** **Seeking Sister Wife**
- **5.00** **I Love a Mama's Boy**
- **6.00** **Flip or Flop**
- **7.00** **My Lottery Dream Home** Double bill.
- **8.00** **1000lb Sisters**
- **9.00** **Hoarding: Buried Alive**
- **10.00** **Monsters Inside Me**
- **11.00** **My Strange Addiction**
- **12.00** M'T **1000lb Sisters**
- **1.00** AM **Hoarding: Buried...**
- **2.00** **Monsters Inside Me**
- **3.00** **My Strange Addiction**
- **4.00** **Flip or Flop**
- **5.00** **to 6.00** AM **Say Yes to the Dress: UK**

+1 hour 233 172

5SELECT
153 152 56 133

- **9.00** AM **Eggheads**
- **9.25** **GPs: Behind Closed Doors** Documentary.
- **10.30** FILM **Deadly Divorce Party** (2022, PG) ★★
- **12.15** PM FILM **Burning Lies** Thriller. (2021, PG) ★★
- **2.00** **Holiday Homes in the Sun** In the Cotswolds.
- **3.00** **The Yorkshire Vet**
- **4.00** **Ben Fogle: New Lives in the Wild**
- **6.00** **Secrets of the Imperial War Museum**
- **7.00** **Dan Snow: Into the Valley of the Kings**
- **8.30** **Into Dinosaur Valley with Dan Snow**
- **10.00** **Forged in Fire**
- **11.55** **Attack on Pearl Harbor: Caught By Surprise**
- **1.00** AM **Attack on Pearl Harbor: 30 Minutes of Hell** Documentary.
- **2.00** **Attack on Pearl Harbor: Declaration of War**
- **3.00** **Drain the Oceans**
- **3.50** **to 4.00** AM **Entertainment News**

Quest
144 144 834 169 12 172

- **6.00** AM **How Do They Do It?**
- **6.25** **Find It, Fix It, Flog It**
- **7.10** **The Repair Shop**
- **8.00** **American Pickers**
- **10.00** **Chasing Classic Cars**
- **11.00** **Goblin Works Garage**
- **12.00** NOON **Fifth Gear...**
- **1.00** PM **The Repair Shop**
- **2.00** **Love Your Garden**
- **3.00** **Find It, Fix It, Flog It**
- **4.00** **Salvage Hunters**
- **5.00** **Salvage Hunters: The Restorers**
- **6.00** **Wheeler Dealers**
- **7.00** **Aussie Gold Hunters**
- **8.00** **Salvage Hunters**
- **9.00** **Helicopter ER** New edition
- **10.00** **Ambulance**
- **11.00** **How Do They Do It?**
- **12.00** M'T **Wheeler Dealers**
- **1.00** AM **Cops UK**
- **2.00** **Goblin Works Garage**
- **3.00** **Fifth Gear Recharged**
- **4.00** **to 5.00** AM **How It's Made**

+1 hour 244 213 70 168

Quest Red
149 170 40 169

- **6.00** AM **Say Yes to the Dress: Lancashire**
- **7.00** **Say Yes to the Dress: The Big Day**
- **8.00** **Say Yes to the Dress**
- **9.00** **Animal Cops Houston**
- **11.00** **Forensic Detectives**
- **1.00** PM **American Detective with Lt Joe Kenda**
- **2.00** **Disappeared**
- **3.00** **Murder Comes to Town**
- **4.00** **Still a Mystery**
- **5.00** **Say Yes... Lancashire**
- **6.00** **Curvy Brides Boutique**
- **7.00** **Who Do You Think You Are?** Derek Jacobi.
- **8.00** **Dr. Pimple Popper**
- **9.00** **Signs of a Psychopath** New editions
- **10.00** **Murder Under the Friday Night Lights** New edition A girl vanishes in Kentucky.
- **11.00** **Forensic Detectives**
- **1.00** AM **The Perfect Murder**
- **2.00** **A Crime to Remember**
- **3.00** **to 4.00** AM **FBI Files**

+1 hour 249 170

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125 125 823 250 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Homestead Rescue: Raney Ranch** Documentary.
9.00 **Flying Wild Alaska**
10.00 **How Do They Do It?**
11.00 **Wheeler Dealers**
12.00 NOON **British Treasure, American Gold** Documentary.
1.00 PM **Gold Rush**
3.00 **Building Off the Grid**
4.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers**
6.00 **Plane Reclaimers**

9.00 Mystery at Blind Frog...

7.00 **Kindig Customs** Corvette enthusiast Rick Cox has brought in his 1963 Corvette to take it to the next level.

8.00 **Gold Rush** With new machines, the gold miners of the Yukon put everything on the line to try to strike it rich.

9.00 **Mystery at Blind Frog Ranch** Chad makes a mistake, and a shocking discovery inside the box forces Duane to rethink.

10.00 **Aircrash Confidential** Landing without power or birds flying into the engine are all a test of pilot skill and nerve.

11.00 **Naked and Afraid** Two survivalists battle the elements on the edge of the Bermuda Triangle.
1.00 AM **Mystery at Blind Frog Ranch** As shown at 9.00pm.
2.00 **Aircrash Confidential**
3.00 **Gold Rush** New edition
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225 258

Animal Planet

162 251

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **The Zoo** Double bill.
4.00 **My Cat from Hell** A father and son who have been taking care of a feral cat colony.
5.00 **Animal Cops Philadelphia** A cat shelter is closed down.
6.00 **Tanked** Wayde and Brett design a tank for the San Jose Sharks hockey team.

8.00 Legends of the Wild

7.00 **Pit Bulls & Parolees** The team begin Operation Rhino, hoping to place a long-term shelter resident in a fantastic home.

8.00 **Legends of the Wild** Mysteries of nature, including kangaroos being mysteriously mauled in Australia.

9.00 **Legends of the Wild** Some of nature's most compelling mysteries, including a creature mutilating livestock.

10.00 **Edge of Alaska** The hidden city inside the mountain is within reach, but exploration means convincing locals for help.

11.00 **Meet the Orangutans** One primate's bullying pushes limits. **11.30** The primates learn the to find food for themselves.
12.00 M'T **Meet the Penguins**
1.00 AM **Alaska Monsters**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262 259

Nat Geographic

129 129 825 266

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Hitler's Last Stand**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **Car S.O.S**
1.00 PM **Wicked Tuna**
2.00 **Lost Treasures of Egypt**
3.00 **Nazi Megastructures** The story behind the Atlantic Wall. **4.00** The concrete submarine pens built to protect U-boats. **5.00** How a Nazi scientist secretly developed the world's first long-range rockets.
6.00 **Lost Treasures of Egypt**

9.00 New Air Force One

7.00 **Air Crash Investigation** The crash of TANS Peru Flight 204 on the approach to Pucallpa airport in August 2005.

8.00 **Area 51: I Was There** Insiders reveal what they worked on at the Nevada military base and alleged UFO storage facility.

9.00 **New Air Force One: Flying Fortress** Exploring the technology that transforms the aircraft into a command centre.

10.00 **Inside Turkish Airlines** Documentary following the staff of the airline, including pilots, cooks and security officers.

11.00 **Air Crash Investigation**
12.00 M'T **Airport Security: Colombia** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **When Sharks Attack**
2.30 **Exotic Animal ER: Double Dose** Documentary.
2.55 **Secrets of the Zoo**
3.20 **to 5.00** AM **Food Factory**

+1 hour 229 267

Sky History

123 123 821 270 353 368

6.00 AM **Forged in Fire**
7.00 **Strangest Things**
8.00 **American Pickers**
9.00 **Pawn Stars**
10.00 **Pawn Stars Do America**
11.00 **Storage Wars**
12.00 NOON **Mountain Men**
1.00 PM **Ultimate Mysteries**
2.00 **Curse of Skinwalker Ranch**
3.00 **Salvage Kings**
4.00 **Strangest Things**
5.00 **Pawn Stars**
6.00 **American Pickers** The Wolfe brothers tour a massive West Virginia homestead.

8.00 Salvage Kings

7.00 **Forged in Fire** The smiths are asked to forge blades from either a large suspension cable or a thin piano wire.

8.00 **Salvage Kings** A ghostly salvage in an abandoned hospital brings the team some unusual finds.

9.00 **The Booze, Bets and Sex That Built the World** How the invention of the luxury resort casino heralded the birth of Sin City. Plus, the woman who fought for what would become the state lottery system.

11.00 **The Proof Is Out There**
12.00 M'T **The Witches of Salem** Narrated by Mark Strong.
1.00 AM **Salvage Kings** As 8pm.
2.00 **Storage Wars**
3.00 **Strangest Things**
4.00 **Salvage Kings**
5.00 **to 6.00** AM **Curse of Skinwalker Ranch**

+1 hour 223 271

Yesterday

155 155 846 129 27 159

6.00 AM **Shipwreck Secrets**
7.10 **Underground Worlds**
8.00 **Abandoned Engineering**
9.00 **War Factories**
10.00 **The World at War**
11.00 **Secrets of the London Underground** As 7pm.
12.00 NOON **Great British Railway Journeys** Four editions.
2.00 PM **Bangers and Cash**
4.00 **War Factories**
5.00 **The World at War** The battle for control of the Atlantic.
6.00 **Great British Railway Journeys Goes to Ireland**

11.00 Abandoned Engineering

7.00 **Secrets of the London Underground** Tim Dunn and Siddy Holloway visit the cathedral-like Greenwich Power Station.

8.00 **Train Truckers** Kevin Norris and Kieran Chisnall move three state-of-the-art trains, fresh in from Japan.

9.00 **Train Truckers** The crew visits Germany to collect a maintenance machine so large it will need to be loaded onto two trucks.

10.00 **Bangers and Cash** A delightful collection of British classics comes up for auction, including a Hillman Avenger Estate.

11.00 **Abandoned Engineering** The most impressive disused railway bridges, including the biggest wooden trestle bridge.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Shipwreck Secrets**
2.00 **to 3.00** AM **Underground Worlds**

+1 hour 255 217 74

Friday

7 PM

8 PM

9 PM

10 PM

Disc. History

177 257

6.00 AM **Combat Dealers**
7.00 **How the Universe...**
8.00 **Tales from the Explorers Club**
9.00 **Combat Dealers**
10.00 **Expedition Unknown: Hunt For The Yeti**
11.00 **How the Universe...**
12.00 NOON **Shed and Buried**
1.00 PM **Combat Dealers**
2.00 **Sex, Lies, and the Taj Mahal** Documentary.
3.00 **World War One**
4.00 **Mysteries at the Museum** Documentary.
5.00 **Tales from the Explorers Club**
6.00 **How the Universe...**
7.00 **Hidden City of the Incas**
8.00 **Combat Dealers**
9.00 **Aircrash Confidential**
10.00 **Expedition X**
11.00 **How the Universe Works**
12.00 M'T **Secret History of the Sphinx**
1.00 AM **Combat Dealers**
2.00 **to 5.00** AM **Highlights**

+1 hour 277 261

Eden

166 245

9.00 AM **Life in the Great...**
10.00 **Fascinating New...**
11.00 **David Attenborough's...**
12.00 NOON **Blue Planet II**
2.00 PM **Life in the Great...**
3.00 **The Life of Mammals**
5.00 **Fascinating New...**
6.00 **David Attenborough's Natural Curiosities**
7.00 **Blue Planet II**
8.00 **The Life of Mammals**
9.00 **Fascinating New Zealand** Documentary.
10.00 **David Attenborough's Natural Curiosities**
11.00 **Blue Planet II**
12.00 M'T **The Life of Mammals** Sea otters.
1.00 AM **Life in the Great...**
2.00 **Fascinating New...**
3.00 **David Attenborough's...**
3.50 **Life in the Great Wetlands**
4.40 **Fascinating New...**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1 hour 266 246

WILD

165 165 841 264 265

8.00 AM **Animal Fight Club**
9.00 **Hollywood's Killer Bear**
10.00 **Tiger's Revenge**
11.00 **America's Funniest Home Videos: Animal Edition**
12.00 NOON **Snakes in the...**
1.00 PM **Yukon Vet**
2.00 **Amazonia's Giant Jaws**
3.00 **Eye of the Leopard**
4.00 **America's Funniest Home Videos: Animal Edition**
5.00 **Animal Fight Club**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A red panda makes a play for attention.
8.00 **Africa's Deadliest**
9.00 **Legends of Venom**
10.00 **When Predators Attack**
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack** Documentary.
1.00 AM **Animal Fight Club**
2.00 **Amazonia's Giant Jaws**
3.00 **Eye of the Leopard**
4.00 **to 5.00** AM **Yukon Vet**

Sky History 2

163 163 840 272

6.00 AM **Ancient Aliens**
8.00 **Treasures Decoded**
9.00 **Great Escapes with Morgan Freeman**
10.00 **Auction Hunters**
11.00 **Ancient Aliens**
1.00 PM **Alien Files: Unsealed**
2.00 **Gators: MonsterQuest**
3.00 **Ancient Discoveries**
4.00 **Auction Hunters**
5.00 **Hero Ships**
6.00 **Alien Files: Unsealed**
7.00 **Ancient Aliens**
8.00 **Craig Charles: UFO Conspiracies**
9.00 **The Real War of Thrones** Mary, Queen of Scots, is forced to abdicate the throne and flee to England.
10.00 **Paranormal: Caught on Camera**
11.00 **Ancient Aliens**
1.00 AM **Treasures Decoded**
2.00 **Monsterquest**
3.00 **Alien Files: Unsealed**
4.00 **Ancient Discoveries**
5.00 **to 6.00** AM **Ancient Mysteries**

PBS America

174 273 84 155

8.15 AM **Hemingway**
9.20 NEW **Crypto Decoded** Explaining all the different types of crypto and how they all work, from Bitcoin to NFTs.
10.35 **Plague at the Golden Gate** Documentary.
1.00 PM **Beautiful Serengeti**
1.30 **Hemingway**
2.40 **Crypto Decoded**
3.50 **Plague at the Golden Gate** Documentary.
6.15 **Hemingway** An intimate portrait of Ernest Hemingway, considered one of the best American writers.
7.20 **Crypto Decoded**
8.30 **Plague at the Golden Gate** An outbreak of bubonic plague set off anti-Asian sentiment in San Francisco.
10.55 **Crypto Decoded**
12.00 M'T **The People vs Agent Orange**
1.15 **to 2.00** AM **Beautiful Serengeti**

CI

156 156 837 198

6.00 AM **The First 48**
8.00 **Cold Case Files**
9.00 **Killer Britain**
10.00 **Meet, Marry, Murder**
11.00 **Murdered By Morning**
12.00 NOON **Buried in the Backyard**
1.00 PM **Fear Thy Neighbour**
2.00 **Imperfect Murder**
3.00 **On the Case**
4.00 **Critical Evidence**
5.00 **Cold Case Files**
6.00 **The First 48**
7.00 **Homicide: Hours to Kill**
8.00 **Imperfect Murder**
9.00 **I Am a Killer**
10.00 **Cops Uncensored** New editions Following police officers on duty.
11.00 **Homicide Hunter**
12.00 M'T **Snapped**
1.00 AM **Critical Evidence**
2.00 **Cops Uncensored**
3.00 **Criminal Confessions**
4.00 **Imperfect Murder**
5.00 **to 6.00** AM **Murdered By Morning**

+1 hour 256 222

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

FRIDAY Films

Friday

Sky Cinema Premiere

301 301 848 401 501 515

6.00 AM **Sky Cinema Preview**
6.30 **Where Is Anne Frank**
8.15 **Elvis** As shown at 5.15pm.
11.00 **Where the Crawdads Sing**
1.10 PM **PREMIERE Marlowe**
3.05 **To Leslie** Drama starring Andrea Riseborough, Allison Janney and Stephen Root. (2022, 15, 119min) ★★★★
5.15 **Elvis** Baz Luhrmann's biopic starring Austin Butler, Tom Hanks and Olivia DeJonge. (2022, 12, 159min) ★★★★

8.00 Marlowe

8 PM

8.00 **PREMIERE Marlowe** Crime thriller starring Liam Neeson. Los Angeles, 1939: A PI is hired to find the ex-lover of a glamorous heiress. With Diane Kruger. (2023, 15, 110min) ★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

9.55 **Where the Crawdads Sing** Drama starring Daisy Edgar-Jones. A young woman in the Deep South is accused of murder when her suitor is found dead. (2022, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM

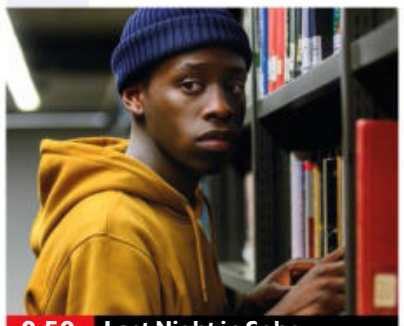
12.10 AM **Bodies Bodies Bodies** Horror comedy with Amandla Stenberg and Maria Bakalova. (2022, 15, 94min) ★★★★
1.50 **To Leslie** As 3.05pm.
4.00 **Where Is Anne Frank** Animation. (2021, PG) ★★★★
5.45 **to 6.00** AM **The Cinema List: Esea British Talent**

+1 hour 312

Sky Cinema Hits

303 303 857 403 503 517

6.15 AM **Kindred** (2021, 15) ★★★
8.00 **Baby Done** As 11.50pm.
9.45 **The United States vs. Billie Holiday** Biographical drama. (2021, 15, 126min) ★★★
12.00 NOON **Letters to Juliet** Comedy. (2010, PG) ★
2.00 PM **Life Itself** Drama. (2018, 15, 125min) ★★
4.05 **Focus** Comedy crime drama. (2015, 15, 105min) ★★★
6.05 **Charlie's Angels** Comedy thriller. (2000, 15, 97min) ★★


9.50 Last Night in Soho

8.00 **The Hangover Part III** Dark comedy sequel starring Bradley Cooper, Ed Helms and Zach Galifianakis. The friends go in search of a Chinese criminal after they are captured by his rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Last Night in Soho** Mystery with Thomasin McKenzie and Anya Taylor-Joy. A fashion designer is mysteriously able to enter the 1960s, but the glamour is not all it appears to be. With Michael Anjo. (2021, 18, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Baby Done** Romantic comedy with Rose Matafeo, Matthew Lewis and Emily Barclay. (2020, 15, 91min) ★★★
1.30 AM **Charlie's Angels** (2000)
3.20 **Last Night in Soho** (2021)
5.25 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Family

306 306 850 406 506 520

6.40 AM **Nanny McPhee** Fantasy. (2004, U, 98min) ★★★★
8.25 **Alvin and the Chipmunks: Road Chip** (2015, U) ★★
10.05 **Robo-Dog** (2015, PG) ★★★
11.50 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
1.55 PM **Annie** Musical remake. (2014, PG, 115min) ★★★
4.00 **Furry Vengeance** Comedy. (2010, PG, 88min) ★★
5.35 **School of Rock** Comedy. (2003, PG, 109min) ★★★★

5.35 School of Rock

7.35 **The Divergent Series: Insurgent** Sci-fi adventure sequel based on Veronica Roth's novel, starring Shailene Woodley and Kate Winslet. (2015, 12, 116min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Nanny McPhee & The Big Bang** Family comedy fantasy sequel starring Emma Thompson and Maggie Gyllenhaal. (2010, U, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Daphne & Velma** Crime comedy starring Sarah Jeffery and Sarah Gilman. The female future members of Mystery Inc. investigate strange goings-on in their school. (2018, PG, 72min) ★★
1.05 AM **Lassie** Family adventure starring Peter O'Toole and Samantha Morton. (2005, PG, 100min) ★★★★
2.55 **Annie** As shown at 1.55pm.
4.55 **to 6.20** AM **Daphne & Velma**

Sky Cinema Action

307 307 851 407 507 521

7.40 AM **The Mexican** Action comedy starring Brad Pitt. (2001, 15, 123min) ★★★
9.50 **Resident Evil: Degeneration**
11.40 **The Dark Tower** Adventure. (2017, 12, 95min) ★★
1.25 PM **Shooter** Action thriller. (2007, 15, 125min) ★★★★
3.35 **Uncharted** Action adventure. (2022, 12, 116min) ★★★
5.45 **Top Gun: Maverick** Action drama starring Tom Cruise. (2022, 12, 130min) ★★★★

5.45 Top Gun: Maverick

8.00 **Bullet Train** Comedy thriller starring Brad Pitt, Joey King, Aaron Taylor-Johnson, Brian Tyree Henry and Andrew Koji. Five assassins aboard a swiftly moving train discover their missions have something in common. (2022, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Raid 2** Thriller sequel with Iko Uwais. A cop goes undercover in a crime syndicate to expose links between the gangsters and his colleagues. Partly subtitled. (2014, 18, 150min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Resident Evil: Degeneration** Animated thriller. (2008, 15, 97min) ★★
2.35 **American Night** Drama. (2021, 15, 123min) ★★★
4.45 **to 7.00** AM **Around the World in 80 Days** Comedy. (2004, PG, 120min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **The Estate** As 11.40pm.
8.40 **Road Trip** Teen comedy. (2000, 15, 94min) ★★★
10.30 **Norbit** Comedy starring Eddie Murphy. (2007, 12, 98min) ★★
12.25 PM **Napoleon Dynamite** Comedy. (2004, PG) ★★★★
2.10 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★
4.10 **Ted 2** Comedy sequel. (2015, 15, 112min) ★★★
6.10 **She's Out of My League** Comedy. (2010, 15) ★★★

8.00 Rough Night

8.00 **Rough Night** Comedy with Scarlett Johansson, Kate McKinnon and Zoë Kravitz. Things go wrong for a group of girlfriends who hire a male stripper for a hen party in Miami. (2017, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **50 First Dates** Comedy with Adam Sandler and Drew Barrymore. A vet falls for a woman with short-term memory loss. (2004, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Estate** Comedy starring Toni Collette and Anna Faris. (2022, 15, 96min) ★★
1.20 AM **People Just Do Nothing: Big in Japan** Comedy spin-off starring Allan Mustafa. (2021, 15, 97min) ★★★
3.00 **Jackass Forever** Comedy starring Johnny Knoxville. (2022, 18, 96min) ★★★
4.45 **to 6.35** AM **When Jeff Tried to Save the World** Comedy. (2018, 12, 93min) ★★★★

primetime

Sky Cinema Greats

304 304 849 404 504 518

6.00 AM **Carry On Sergeant** (1958)
7.40 **Operation Petticoat** (1959)
9.55 **Paint Your Wagon** Western. (1969, PG, 164min) ★★★
12.35 PM **To Catch a Thief** Comedy thriller starring Cary Grant. (1955, PG, 102min) ★★★★
2.35 **Rio Grande** As 12.05am.
4.25 **Hondo** Western starring John Wayne and Geraldine Page. (1953, PG, 84min) ★★★

6.05 **GI Blues** Musical comedy with Elvis Presley and Juliet Prowse. (1960, PG, 100min) ★★★
8.00 **The Duellists** Drama starring Keith Carradine and Harvey Keitel as French officers who fight a series of duels of honour. (1977, PG, 101min) ★★★★
9.50 **Marathon Man** Thriller starring Dustin Hoffman and Laurence Olivier. A young US agent is drawn into a sinister conspiracy involving a Nazi war criminal. (1976, 18, 126min) ★★★★★

12.05 AM **Rio Grande** Western. (1950, b/w, U, 107min) ★★★★
2.05 **Operation Petticoat** War comedy starring Cary Grant. (1959, U, 124min) ★★★
4.20 **to 6.00** AM **Carry On Sergeant** Comedy with William Hartnell. (1958, b/w, U, 83min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Sky Cinema Preview**
6.20 **Scooby-Doo! and the Gourmet Ghost** (2018, U) ★★★
7.50 **Scooby-Doo! and the Curse of the 13th Ghost** As 1.20am.
9.30 **Scooby-Doo! Return to Zombie Island** As 2.55am.
11.05 **Scooby-Doo! & Batman: The Brave and the Bold** As 4.30am.
12.35 PM **Dr Seuss' The Lorax** Animation. (2012, U) ★★★

2.10 **The Amazing Maurice** Animation. (2022, PG) ★★★★
4.00 **Boss Baby 2: Family Business** Animation. (2021, PG) ★★
5.50 **The Secret Life of Pets** Animation. (2016, U) ★★★
7.20 **Flushed Away** Animation. (2006, U, 85min) ★★★★
8.50 **Cranston Academy: Monster Zone** (2020, PG) ★★★
10.20 **The Ant Bully** Animation. (2006, U, 89min) ★★★★
11.55 **Scooby-Doo! and the Gourmet Ghost** (2018, U) ★★★

1.20 AM **Scooby-Doo! and the Curse of the 13th Ghost** Animation. (2019, U, 82min) ★★★
2.55 **Scooby-Doo! Return to Zombie Island** (2019, U) ★★★
4.30 **to 6.00** AM **Scooby-Doo! & Batman: The Brave and the Bold** (2018, PG) ★★★

TCM Movies

315 415

6.00 AM **Hollywood's Best Directors**
7.45 **Off Set** With Jamie Cullum.
8.00 **The Last Challenge** Western. (1967, PG, 90min) ★★
9.55 **The Train Robbers** Western. (1973, U, 92min) ★★
11.50 **The Younger Brothers** Western. (1949, U, 77min) ★★
1.30 PM **Guns for San Sebastian** Western with Anthony Quinn. (1967, PG, 110min) ★★

3.45 **Wagons West** Western. (1952, U, 71min) ★★★
5.10 **Apache War Smoke** Western. (1952, b/w, U, 68min) ★★
6.40 **Beau Brummell** Drama with Stewart Granger, Elizabeth Taylor and Peter Ustinov. (1954, U, 111min) ★★★
9.00 **Criminal** Thriller starring Kevin Costner. A deceased CIA agent's skills are implanted into a death-row inmate in the hope he will complete a mission. (2015, 15, 113min) ★★★

11.20 **Absolute Power** Thriller. (1996, 15, 121min) ★★★
1.50 AM **Teleshopping**
4.00 **Close Up** Double bill.
5.00 **to 6.00** AM **Hollywood's Best Directors**

+1 hour 316 417

Talking Pictures

328 445 82 306

6.00 AM **Topper Returns** (1941)
7.50 **Driving The Train 1959**
8.15 **Anna and the King of Siam** Drama. (1946, b/w, 12) ★★★★
10.50 **Thunder in the City** Comedy. (1937, b/w, PG, 88min) ★★
12.30 PM **Daisy Kenyon** Melodrama. (1947, b/w, PG, 99min) ★★★
2.30 **Crown Court** 27/36. (S1)
3.00 **Androcles and the Lion** Comedy. (1952, b/w, U) ★★★

4.55 **Crazy Motoring**
5.05 **Dry Rot** Comedy starring Brian Rix. (1956, b/w, U, 87min) ★★
6.50 **Passport to Pimlico** Comedy. (1949, b/w, U, 80min) ★★★★★
8.30 **Dial 999** 2/39. (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **The Curse of Frankenstein** Horror starring Peter Cushing. (1957, 12, 83min) ★★★
10.45 **Cellar Club with Caroline Munro**
10.50 **A Bucket of Blood** Horror. (1959, b/w, 15, 66min) ★★
12.10 AM **Cellar Club with Caroline...**

12.15 **The Knack... and How to Get It** Comedy. (1965, 15) ★★★★
2.00 **Kiss of Death** Thriller. (1947, b/w, PG, 98min) ★★★★★
4.00 **Tim Driscoll's Donkey** Comedy. (1955, b/w, U) ★
5.00 **to 6.00** AM **Target: The Corruptors**

HorrorXtra

317 192 138

HorrorXtra programmes start at 5.00pm

5.00 PM **Robot Overlords** Sci-fi adventure with Ben Kingsley. (2014, 12, 90min) ★★★
6.50 **This Is HorrorXtra**
7.00 **First Wave** *Mabus:* 1/22. Foster tackles a mysterious orb. (S3)
8.00 **Knight Rider** *Diamonds Aren't a Girl's Best Friend:* 14/24. Michael investigates the murder of a model. (S2)
9.00 **She Never Died** Thriller starring Olunike Adeliyi. A loner with a dark secret must face her demons. (2019, 15, 89min) ★★

10.50 **Hellbound: Hellraiser II** Horror sequel starring Clare Higgins. (1989, 18, 96min) ★★
12.50 AM **This Is HorrorXtra**.
1.00 **First Wave** As 7.00pm.
2.00 **to 3.00** AM **Knight Rider**

+1 hour 318 219 139

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Profile** Mystery thriller. (2018, 15, 106min) ★★★★
8.00 **The 355** As 4.15am.
10.05 **Layer Cake** As 6.10pm.
12.05 PM **Three Days of the Condor** Conspiracy thriller. (1975, 15, 118min) ★★★★
2.05 **The Family** Crime comedy. (2013, 15, 109min) ★★★
4.00 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
6.10 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★

10.00 Red Eye

8.00 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead and John Goodman. A woman survives a car crash, only to end up trapped in a bunker by a man claiming the world is coming to an end. (2016, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

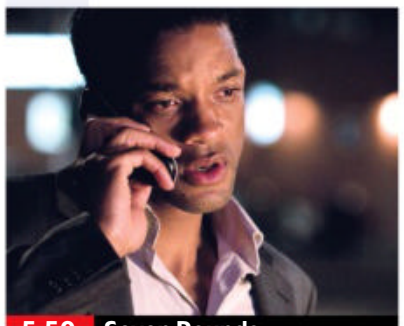
10.00 **Red Eye** Thriller starring Rachel McAdams and Cillian Murphy. (2005, 12, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Shaft** Crime thriller starring Samuel L Jackson as a cop seeking to bring down the racist killer of a black student. (2000, 18, 99min) ★★★
1.30 AM **Dragged Across Concrete** Crime drama starring Mel Gibson and Vince Vaughn. (2018, 18, 158min) ★★★★
4.15 **to 6.25** AM **The 355** Action thriller starring Jessica Chastain and Penélope Cruz. (2022, 12, 122min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **From The Vine** (2019)
8.10 **Chocolat** Comedy fantasy. (2000, 12, 120min) ★★★★
10.15 **The Back-Up Plan** Comedy. (2010, 12, 100min) ★★
12.05 PM **Remember Me** (2010)
2.00 **Belfast** As 12.30am.
3.40 **Operation Mincemeat** War drama starring Colin Firth. (2021, 12, 128min) ★★★★
5.50 **Seven Pounds** Drama with Will Smith and Rosario Dawson. (2007, 12, 117min) ★★★★


5.50 Seven Pounds

8.00 **Good Will Hunting** Oscar-winning drama starring Matt Damon, Robin Williams and Ben Affleck. A troubled young maths genius deals with his inner demons with the help of a therapist who is grieving for his dead wife. (1997, 15, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

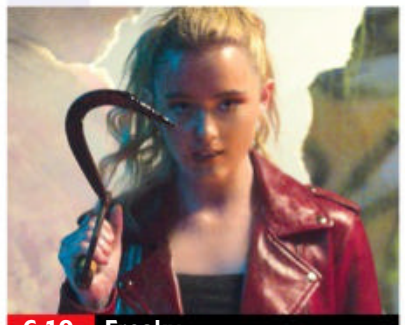
10.10 **Manchester by the Sea** Drama starring Casey Affleck and Michelle Williams. A man returns to his home town when his brother dies and he is named guardian of his teenage nephew. (2016, 15, 134min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Belfast** Kenneth Branagh's drama starring Jamie Dornan. (2021, 12, 98min) ★★★★
2.15 **Remember Me** Drama. (2010, 12, 108min) ★★★
4.15 **to 6.00** AM **From The Vine** Comedy. (2019, 12) ★★★

Sky Cinema Sci-Fi/Horror

311 311 858 411 511 525

6.05 AM **In the Earth** As 3.35am.
7.55 **Reminiscence** Sci-fi romance. (2021, 12, 116min) ★★★
9.55 **The Core** Sci-fi action thriller. (2002, 12, 135min) ★
12.15 PM **Snowpiercer** Fantasy. (2013, 15, 126min) ★★★★
2.25 **Escape from LA** Adventure. (1996, 15, 102min) ★★
4.20 **Monster Hunter** Adventure. (2020, 12, 103min) ★★
6.10 **Freaky** Comedy horror. (2020, 15, 102min) ★★★★


6.10 Freaky

8.00 **Evil Dead 2** Cult director Sam Raimi's tongue-in-cheek horror starring Bruce Campbell and Sarah Berry. Once again, Ash does battle with demonic forces. (1987, 18, 85min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Battleship** Sci-fi action adventure starring Taylor Kitsch. A hot-headed US Navy lieutenant leads the fight back against alien invaders. (2012, 12, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **My Bloody Valentine** Stalk 'n' slash horror thriller starring Paul Kelman and Lori Hallier. (1981, 18, 91min) ★
1.40 AM **The Crow** Supernatural thriller starring Brandon Lee. (1994, 18, 110min) ★★★★
3.35 **In the Earth** Ben Wheatley's horror starring Joel Fry and Reece Shearsmith. (2021, 15, 107min) ★★★
5.40 **to 6.40** AM **Sky Cinema Preview**

Sky Cinema Best of 90s

302 302 856 402 502 516

6.00 AM **Swingers** (1996) ★★★★
7.45 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
9.35 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
11.30 **Groundhog Day** Fantasy. (1993, PG, 103min) ★★★★★
1.25 PM **The Last of the Mohicans** Drama. (1992, 15) ★★★★
3.30 **Days of Thunder** Drama. (1990, 15, 107min) ★★★
5.35 **Jerry Maguire** Comedy. (1996, 15, 139min) ★★★★

10.20 Ghost

8.00 **A Few Good Men** Courtroom drama starring Tom Cruise, Jack Nicholson and Demi Moore. A slick young US Navy lawyer locks horns with the martinet commander of a US military base in Cuba over a murder trial. With Kevin Bacon. (1992, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

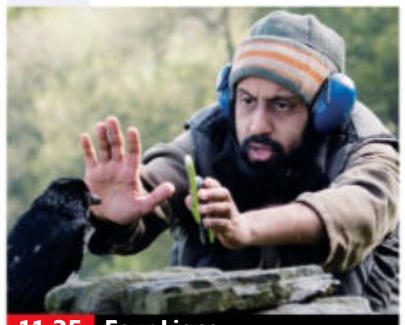
10.20 **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. (1990, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Matrix** Sci-fi thriller. (1999, 15, 136min) ★★★★
2.50 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
4.30 **to 6.15** AM **Groundhog Day** Romantic comedy fantasy. (1993, PG, 103min) ★★★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **To Hell and Back** Drama. (1955, PG, 106min) ★★★
1.10 PM **The Court Martial of Billy Mitchell** Legal drama. (1955, U, 100min) ★★★
3.15 **Elephant Walk** Melodrama. (1954, U, 103min) ★★
5.20 **It Came from Beneath the Sea** Thriller. (1954, b/w, U) ★★
6.55 **Maid in Manhattan** Romantic comedy with Jennifer Lopez. (2002, PG, 105min) ★★★


11.35 Four Lions

Maid in Manhattan (film started at 6.55pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Terminator: Dark Fate** Sci-fi adventure starring Arnold Schwarzenegger. Sarah Connor must stop an advanced liquid Terminator from hunting down a young girl, whose fate is critical to the human race. (2019, 15, 123min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Four Lions** Chris Morris's dark satirical comedy starring Riz Ahmed, Arsher Ali, Nigel Lindsay and Kayvan Novak. (2009, 15, 97min) ★★★★ **11 PM**
1.40 **to 4.00** AM **24 Hour Party People** Comedy drama about Manchester's music scene from the late 1970s to the early 1990s, starring Steve Coogan. (2002, 18, 113min) ★★★★

+1 hour 314 430 47 301

GREAT! movies romance

319 424 52 303

6.00 AM **Love at the Shore** Comedy. (2017, PG, 84min) ★★
8.00 **Sincerely, Yours, Truly** Drama. (2020, PG, 90min) ★★
10.00 **Be Mine** (2021, PG) ★★
12.00 NOON **Love in the Sun** Drama. (2019, PG, 110min) ★★
2.00 PM **Calling for Love** Comedy. (2020, PG, 90min) ★★
4.00 **Forever in My Heart** Romantic drama. (2019, U, 90min) ★★

6.00 **I Married Who?** Comedy. (2012, PG, 86min) ★★
8.00 **Under the Autumn Moon** Romantic comedy starring Lindy Booth and Wes Brown. (2018, PG, 86min) ★★★
10.00 **A Slice of Chicago Romance** Romantic drama starring Megan Elizabeth Barker. Two rival pizza parlour owners begin to fall for each other. (2022, PG, 110min) ★★
11.50 **A Romance Wedding** Comedy. (2020, PG, 85min) ★★

1.30 AM **Lead with Your Heart** Drama. (2015, PG, 83min) ★★
3.00 **Love at Sunset Terrace** Drama. (2020, PG, 90min) ★★
4.30 **to 6.00** AM **The Convenient Groom** Drama. (2016, PG) ★★

+1 hour 320 303 63 304

GREAT! movies

321 425 34 302

9.00 AM **Hunt for Truth** Thriller. (2016, PG, 94min) ★★
11.00 **The Neighbourhood Nightmare** Thriller. (2018, 12, 89min) ★★
1.00 PM **Web of Lies** Thriller. (2018, 12, 90min) ★
3.00 **Unwanted Guest** Thriller. (2016, 12, 90min) ★
5.00 **Signed, Sealed, Delivered: To the Altar** Romantic drama. (2018, PG, 90min) ★★

6.50 **Sweet Home Alabama** Comedy starring Reese Witherspoon and Josh Lucas. (2002, 12, 109min) ★★★
9.00 **The Take** Action thriller starring Idris Elba. A CIA agent enlists the help of a thief who has stolen top-secret information. (2016, 15, 90min) ★★★
10.50 **Date Night** Crime comedy starring Steve Carell and Tina Fey. A suburban couple end up on the run from mobsters. (2010, 15, 87min) ★★★★

12.40 AM **Into the Ashes** Thriller. (2018, 15, 98min) ★★★
2.35 **A Deadly Obsession** Thriller. (2012, 12, 88min) ★★
4.20 **to 6.00** AM **911 Nightmare** Thriller. (2015, 15, 95min) ★★

+1 hour 322 61

GREAT! movies action

323 426 42 305

6.00 AM **M*A*S*H** 5&8/16. (S11)
7.00 **The Last Posse** Western. (1953, b/w, U, 73min) ★★
8.25 **Bermuda Tentacles** Monster thriller. (2014, 12, 86min) ★★
10.20 **The De Havilland Comet**
11.30 **Wild West Chronicles**
12.00 NOON **M*A*S*H** 5&8/16. (S11)
1.00 PM **Battle Stations** World War Two drama starring John Lund. (1956, b/w, U, 81min) ★★

2.45 **Operation Cross Eagles** War drama. (1969, 12, 90min) ★★
4.25 **Hell in Normandy** War drama. (1968, PG, 89min) ★★
6.30 **Wild West Chronicles**
7.10 **Polar Storm** Sci-fi starring Jack Coleman. A near-collision with a meteor causes magnetic storms. (2009, PG, 92min) ★★
9.00 **Crypto** Thriller starring Beau Knapp. A young Wall Street banker finds his life in danger after he uncovers a conspiracy. (2019, 15, 105min) ★★

11.10 **10 Minutes Gone** Crime thriller. (2019, 15, 89min) ★
1.05 AM **Stratton** Action thriller. (2017, 15, 94min) ★★
2.55 **to 4.00** AM **The Blitz on Hamburg**

+1 hour 324

Movies 24

325 419

7.00 AM **The Gourmet Detective: Roux the Day** Crime drama. (2020, PG, 83min) ★★★
9.00 **The Baby Proposal** Comedy. (2019, PG, 90min) ★★
11.00 **Cut, Color, Murder** Mystery. (2022, PG, 84min) ★★
1.00 PM **Pumpkin Everything** Drama. (2022, PG, 84min) ★★
3.00 **Perfect Harmony** Comedy. (2022, PG, 84min) ★★★

5.00 **Girlfriendship** Comedy. (2022, PG, 84min) ★★
7.00 **Inspiring Love** Drama starring Donna Benedicto. An artist finds new creative confidence and love when one of her works is bought by a salesman. (2023, PG, 85min) ★★
9.00 **The Wedding Ring** Romantic drama starring Lauren Lee Smith. At her sister's wedding, a jewellery designer encounters her childhood sweetheart. (2020, PG, 85min) ★★

11.00 **Charm of Love** Drama. (2020, PG, 90min) ★★
1.00 AM **Love at Daisy Hills** Drama. (2020, PG, 90min) ★★
3.00 **to 5.00** AM **Save the Wedding** Drama. (2021, PG, 86min) ★★

+1 hour 326 420

FILMS ON OTHER CHANNELS

6pm TILL LATE

9.00 PM **Hitman: Agent 47** *E4* Action thriller. ★★
9.00 **Edge of Tomorrow** *5STAR* Sci-fi adventure. ★★★★
9.00 **Beverly Hills Cop** *Comedy Central* Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. ★★★★★
9.00 **The Bling Ring** *BBC3* Sofia Coppola's satirical fact-based tale. ★★★★
10.45 **The 40-Year-Old Virgin** *ITV* Comedy. ★★★★
11.00 **The Fifth Element** *Channel 5* Luc Besson's sci-fi fantasy adventure. ★★★★★
11.05 **Terminator 2: Judgment Day** *ITV4* Thriller sequel with Arnold Schwarzenegger. ★★★★★
11.15 **Blitz** *5STAR* Crime thriller. ★★★
11.15 **Jackass Presents: Bad Grandpa** *Comedy Central* Road movie comedy. ★★★
11.40 **The Peanut Butter Falcon** *BBC1 (Wales: 12.10am/Scot 12.40am)* Comedy drama starring Shia LaBeouf. ★★★
12.00 M'T **Triassic Hunt** *Sky Sci-Fi* Adventure with Michael Paré. ★★

Friday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM LIVE Ladies European Tour Golf Coverage of day two of the Aramco Team Series event.
9.00 LIVE NRL Sydney Roosters v South Sydney Rabbitohs.
11.00 The Football Show
11.30 LIVE PGA Tour Golf Coverage of day two of the Valspar Championship in Florida.
1.00 PM LIVE Formula 1 Coverage of the Saudi Arabian Grand Prix first practice session.
3.00 LIVE Pakistan Super League The second eliminator in Lahore.
4.45 LIVE Formula 1 Coverage of the Saudi Arabian Grand Prix second practice session.
6.30 Sky Sports News
7.00 LIVE FNF Nottingham Forest v Newcastle United. From the City Ground. Kick-off 8.00pm.
10.45 Back Pages Tonight
11.00 Sky Sports News
2.30 AM LIVE NBA Basketball Los Angeles Lakers v Dallas Mavericks. Tip-off 2.30am.
5.00 to 6.00 AM LIVE Ladies European Tour Golf Day three of the Aramco Team Series event.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM PL Greatest Games
7.00 Premier League Legends
8.00 Premier League Best Goals
9.00 Premier League Highlights
10.00 The Football Show
1.00 PM Total Football
5.00 Premier League Highlights Southampton v Brentford.
5.30 Premier League Highlights Action from Brighton & Hove Albion v Crystal Palace.
6.00 Premier League Legends A profile of former Arsenal and France midfielder Robert Pires.
6.30 Premier League Preview
7.00 LIVE FNF Nottingham Forest v Newcastle United. The Premier League match at the City Ground. Kick-off 8.00pm.
10.45 PL 30 With Dennis Bergkamp.
11.00 Premier League – The Big Interview
11.30 Premier League Stories
12.00 M'T FNF Action from Nottingham Forest v Newcastle United.
12.30 AM Premier League Icons
1.00 Premier League Years
3.00 PL Greatest Games
4.00 Premier League Best Goals
5.30 to 6.00 AM Premier League 100 Club

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM EFL The play-offs.
8.30 Jimmy Glass: The Great Escape
9.00 EFL Greatest Games
10.00 Championship Retro
12.00 NOON Bundesliga Weekly
12.30 PM Inside the WSL
1.00 Women's Championship Show
1.30 Women's Football Weekly
2.00 EFL Highlights
2.30 EFL Goals: Leagues 1 & 2
3.00 Bundesliga Weekly
3.30 Inside the WSL
4.00 Women's Championship Show
4.30 Women's Football Weekly
5.00 EFL Highlights
6.00 Inside the WSL
6.30 Women's Championship Show
7.00 EFL Highlights
7.15 Bundesliga Clubs
7.20 LIVE Bundesliga Borussia Moenchengladbach v Werder Bremen. Coverage from Borussia Park. Kick-off 7.30pm.
9.30 EFL Highlights
10.30 Inside the WSL
11.00 EFL Greatest Games
12.00 M'T Championship Season Review 15/16
1.00 AM EFL Cup Retro
3.45 EFL Greatest Games
4.00 to 6.00 AM EFL Cup Retro

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM One-Day International Cricket South Africa v West Indies.
7.00 Pakistan Super League
8.00 WPL Recent highlights.
9.00 Kids Coaching Clinic
9.20 Talking Cricket
9.50 One-Day International Cricket
10.50 WPL Recent highlights.
11.50 Pakistan Super League
1.50 PM LIVE Pakistan Super League The second eliminator, held at Gaddafi Stadium in Lahore.
6.00 One-Day International Cricket
7.00 Talking Cricket Former England greats with Caribbean heritage.
7.30 Talking Cricket: Sachin Tendulkar The career of the modern era's greatest batsman.
8.00 Pakistan Super League
9.00 One-Day International Cricket South Africa v West Indies.
10.00 Pakistan Super League Action from the second Eliminator.
11.00 One-Day International Cricket
12.00 M'T Pakistan Super League
4.10 AM Women's World T20 Classics Double bill.
4.40 Stuart Broad – My Greatest Spells
5.00 to 6.00 AM Pakistan Super League

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM LIVE Ladies European Tour Golf Day two of the Aramco Team Series event.
9.00 PGA Tour Golf
9.15 PGA Tour Champions
10.15 PGA Tour Champions Learning Centre Tips for your game.
10.45 Arnold Palmer Invitational Special A look at the tournament.
11.15 PGA Tour Golf
11.30 LIVE PGA Tour Golf Day two of the Valspar Championship.
10.00 PM Ladies European Tour Golf
10.15 PGA Tour Champions
11.15 Ladies European Tour Golf
11.30 Playing Lessons
12.00 M'T PGA Tour Golf
12.15 AM Best of the Sky Zone
12.45 Ladies European Tour Golf
1.00 PGA Tour Golf
1.15 PGA Champs 1999 Official Film From Illinois.
2.15 PGA Tour Golf
2.30 Ladies European Tour Golf
3.45 PGA Tour Golf
4.00 Best of the Sky Zone
4.30 Ladies European Tour Golf
4.45 PGA Tour Golf
5.00 to 6.00 AM LIVE Ladies European Tour Golf Day three of the Aramco Team Series event.

BT Sport 1

413 413 870 | 527 | 408 430

6.00 AM LIVE A-League Women Adelaide United v Newcastle Jets. Kick-off 6.05am.
8.00 A-League Highlights
8.30 LIVE Isuzu UTE A-League Adelaide United v Wellington Phoenix. Kick-off 8.45am.
10.30 Premier League Reload
10.45 Champions League Draw
11.30 UEFA Europa League
1.00 PM Europa Conference League
2.00 UEFA Europa League
3.00 Europa Conference League
3.30 UEFA Europa League Highlights
4.30 ESPN FC Football news.
5.00 Inside Serie A
5.30 LIVE Serie A Sassuolo v Spezia.
7.30 LIVE Serie A Atalanta v Empoli. Kick-off 7.45pm.
9.45 BT Sport Reload
10.00 WWE NXT UK Classics
11.00 WWE NXT Highlights
12.00 M'T LIVE WWE Friday Night SmackDown Wrestling.
2.00 AM Isuzu UTE A-League
3.00 The Football's On
4.00 World Rally Championship
4.30 Scottish Football Extra
5.00 Premier League Preview
5.30 to 8.15 AM LIVE AFL Port Adelaide v Brisbane Lions.

BT Sport 2

414 414 871 | 528 | 409 431

6.00 AM ESPN FC Football news.
6.30 Ligue 1 Show
7.00 Premier League – Big Interview
7.30 The Football's On
8.30 LIVE AFL Geelong Cats v Collingwood. From Melbourne.
11.30 The Football's On
12.30 PM Inside Serie A
1.00 PSA Squash
2.30 Test Cricket Highlights
3.30 The Football's On
4.30 Premier League Stories
5.00 Premier League – Big Interview
5.30 Test Cricket Highlights
6.30 Scottish Football Extra
7.00 Premier League Preview
7.30 Ligue 1 Show
8.00 LIVE Ligue 1 Lyon v Nantes. Kick-off 8.00pm.
10.00 UEFA Champions League
10.30 Fight Week
11.00 UFC From UFC 278.
11.30 Dan Hardy Breakdown Show
12.00 M'T LIVE NCAA Championship The college wrestling semi-finals.
3.00 AM Fight Week
3.30 Dan Hardy Breakdown Show
4.00 to 6.00 AM LIVE A-League Women Melbourne City v Sydney FC. Kick-off 4.00am.

BT Sport 3

417 417 874 | 529 | 410 432

6.00 AM UEFA Europa League
7.00 UEFA Europa Conference League West Ham v AEK Larnaca.
7.30 UEFA Europa League
8.30 UEFA Europa Conference League AZ Alkmaar v Lazio.
9.00 UEFA Europa League Highlights Show
10.00 LIVE Badminton Coverage of the quarter-finals of the Yonex All England, a BWF Super 1000 event, staged at Utilita Arena in Birmingham.
3.30 PM Fishing: On the Bank
4.30 Ligue 1 Show
5.00 LIVE Badminton Further coverage of the quarter-finals of the Yonex All England, a BWF Super 1000 event staged at Utilita Arena in Birmingham.
7.30 LIVE PSA Squash Coverage of the men's final at the Canary Wharf Classic, which takes place at East Wintergarden.
9.00 Scottish Football Extra
9.30 to 6.00 AM LIVE Test Cricket New Zealand v Sri Lanka. Coverage of day two of the second Test from Basin Reserve in Wellington.

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM LIVE Super Rugby Hurricanes v NSW Waratahs. From Sky Stadium in Wellington, New Zealand. Kick-off 6.05am.
8.00 The Rugby Championship
8.30 Top Rank Boxing Archive
11.00 Good Morning Football
2.00 PM International Rugby Union
3.00 Fight Night International
5.00 NBC's Pro-Football Talk
7.00 NBA Action
7.30 LIVE British Basketball Leicester Riders v Caledonia Gladiators. Coverage of the BBL match at Morningside Arena. Tip-off 7.45pm.
9.45 NBA Basketball
10.00 Fight Night International
11.00 Total Access
12.00 M'T Fight Night International
1.00 AM LIVE Sail GP Coverage of day one from Lyttelton Harbour in Christchurch, New Zealand.
2.30 NFL Bitesize Highlights
3.30 LIVE Super Rugby Chiefs v Melbourne Rebels. From FMG Stadium Waikato in Hamilton, New Zealand. Kick-off 3.35am.
5.30 to 6.00 AM The Rugby Championship

Sky Sports Mix

416 416 873 | 520 510 | 429 449

6.00 AM PL Greatest Games
7.00 Premier League Legends
7.30 My Icon Double bill.
8.00 Premier League Darts
11.30 Netball Superleague
1.30 PM My Icon Double bill.
1.50 LIVE Pakistan Super League The second eliminator, held at Gaddafi Stadium in Lahore.
6.00 NBA Action
6.30 Inside the WSL
7.00 LIVE Netball Superleague Strathclyde Sirens v Saracens Mavericks. Centre-pass 7.30pm.
9.00 NBA Action
9.30 Formula 1
10.30 Pakistan Super League
11.30 Betfred Super League Highlights Recent action.
12.00 M'T Betfred Super League
12.15 AM Betfred Super League Highlights Recent action.
12.30 Inside the WSL
1.00 LIVE Sail GP Day one from Christchurch, New Zealand.
2.30 Netball Superleague
4.30 Betfred Super League
4.45 Betfred Super League Highlights Recent action.
5.00 to 6.00 AM Pakistan Super League

BT Sport 4

423 423 876 | 530 | 411 434

6.00 AM ESPN SportsCenter
6.15 The Deal
6.45 WWE Raw Highlights
7.45 WWE NXT Highlights
8.45 LIVE UFC Coverage of the ceremonial weigh-in for UFC 286.
11.00 ESPN SportsCenter
11.15 WSL Championship Tour
2.15 PM 30 for 30
3.45 Premier League Reload
4.00 LIVE NCAA Basketball Tournament A first-round game.
6.30 LIVE NCAA Basketball Tournament A first-round match.
9.00 LIVE NCAA Basketball Tournament Coverage of a first-round encounter.
11.30 LIVE NCAA Basketball Tournament A first-round clash.
2.00 AM LIVE NCAA Basketball Tournament A first-round game.
5.00 World Rally Championship
5.30 ESPN SportsCenter
5.45 to 6.00 AM BT Sport Reload

Eurosport 1

410 410 868 | 521 | 412 435

7.00 AM Biathlon
8.00 Freestyle Skiing
8.20 LIVE Freestyle Skiing From Almaty in Kazakhstan.
9.45 Alpine Skiing
10.45 LIVE Alpine Skiing Coverage of the World Cup meeting from Soldeu, Andorra, featuring the mixed team parallel slalom.
12.45 PM LIVE Cycling: Bredene Koksijde Coverage of the men's one-day race from Belgium.
3.30 LIVE FIA World Endurance Championship The 1,000 Miles of Sebring, the opening round of the season from Sebring International Raceway in Florida.
12.30 AM Discovery Golf
1.00 Cycling: Bredene Koksijde Classic Action from Belgium
2.00 Biathlon
3.00 Alpine Skiing
4.00 Snooker: Shoot-Out
5.55 to 6.00 AM Biathlon

Eurosport 2

411 411 869 | 522 | 413 436

6.00 AM Alpine Skiing
7.00 Cycling: Nokere Koerse
9.00 Rally Raid
10.00 Cycling: Tour of Flanders
10.20 Cycling: Tour of Taiwan
10.50 LIVE Cross-Country Skiing The World Cup meeting in Falun.
12.15 PM Freestyle Skiing
12.35 LIVE Cross-Country Skiing The World Cup meeting in Falun.
2.00 LIVE Biathlon From Oslo.
3.30 Best of Downhill 2022
3.45 Best of Super G 2022
3.55 LIVE Ski Jumping From Norway.
5.15 Alpine Skiing
6.15 Biathlon
7.15 Best of Giant Slalom 2022
7.30 Cycling: Tour of Taiwan
8.00 Cycling: Bredene Koksijde Classic Action from Belgium.
9.00 Cycling: Nokere Koerse
10.00 Snooker
12.00 M'T Alpine Skiing
1.00 AM Biathlon
2.00 to 6.00 AM Highlights

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM Super League Highlights
8.30 Super League Superstars
9.00 LIVE NRL Sydney Roosters v South Sydney Rabbitohs. At Allianz Stadium. Kick-off 9.05am.
11.00 Netball Superleague
1.00 PM Premier League Darts
4.30 NBA Action
5.00 NBA Basketball
7.00 Super League Highlights
7.30 LIVE Betfred Super League St Helens v Hull FC. Coverage of the match at Totally Wicked Stadium. Kick-off 8.00pm.
10.15 Mose Masoe: Behind The Smile
11.00 Super League Highlights
12.00 M'T Betfred Super League
12.15 AM Super League Highlights
12.30 NBA Basketball
2.30 LIVE NBA Basketball Los Angeles Lakers v Dallas Mavericks. Tip-off 2.30am.
5.00 NBA Action
5.30 to 6.00 AM NBA on Fire

Sky Sports F1

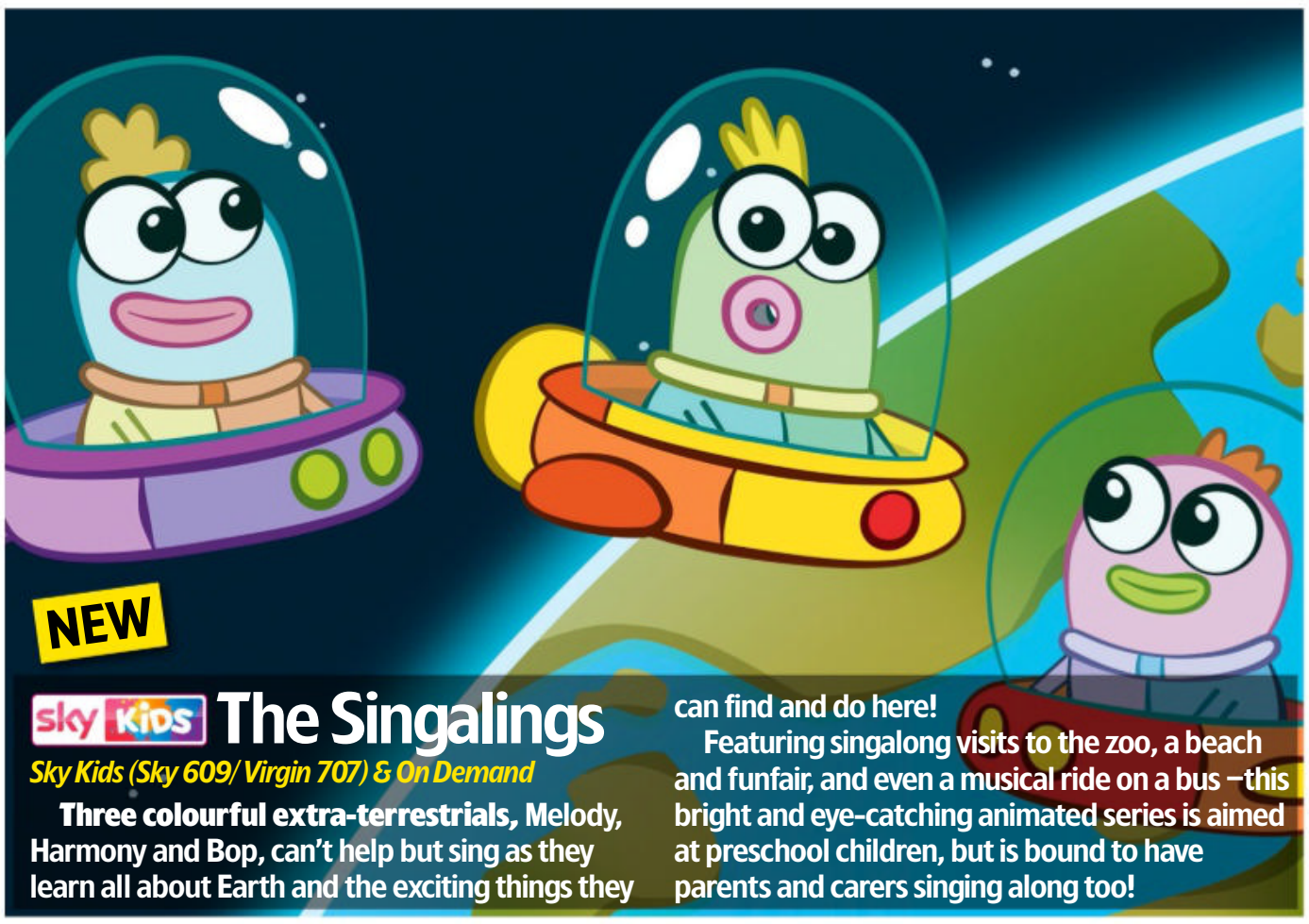
406 406 864 | 516 506 | 425 445

6.00 AM Highlights
10.50 LIVE Formula 2 Championship Saudi Arabian Grand Prix practice session.
11.45 F1 Feature
12.00 NOON F1 Drivers Press Conference
1.00 PM LIVE Formula 1 Coverage of the Saudi Arabian Grand Prix first practice session.
3.00 LIVE Formula 2 Championship Saudi Arabian Grand Prix qualifying session.
3.35 F1 Feature
4.15 Graham Hill – World Champion
4.45 LIVE Formula 1 Saudi Arabian Grand Prix second practice session.
6.30 The F1 Show
7.30 F1 Feature
7.45 Formula 1
9.10 F1 Feature
9.15 The F1 Show
10.15 F1 Feature
10.30 PM to 6.00 AM Highlights

SKY HD SD | VIRGIN HD | BT HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming



NEW

sky KIDS The Singalings

Sky Kids (Sky 609/ Virgin 707) & On Demand

Three colourful extra-terrestrials, Melody, Harmony and Bop, can't help but sing as they learn all about Earth and the exciting things they can find and do here!

Featuring singalong visits to the zoo, a beach and funfair, and even a musical ride on a bus –this bright and eye-catching animated series is aimed at preschool children, but is bound to have parents and carers singing along too!

NEW

NETFLIX The Magician's Elephant

Available from Friday, Netflix

A star-studded cast including Brian Tyree Henry (nominated for a Best Supporting Actor award for *Causeway* at this Sunday's Oscars), Dawn French and Noah Jupe feature in this fantasy adventure about an orphan (Jupe) who is searching for his long-lost sister.

Based on the book by Kate DiCamillo, this is a wonderful feelgood watch for the whole family.

More great shows to watch this week...

British Science Week: Live Lesson

Monday, 11am, CBBC & BBC iPlayer

Rhys Stephenson and Maddie Moate are joined by astronauts Dr Helen Sharman and Bob Hines for a lesson from London's Science Museum.

Danny and Mick

Weekdays, 8.10am, CBBC

Tune in for more slapstick adventures with the bonkers brothers (real-life half-brothers Danny Adams and Mick Potts) as they cause absolute carnage while working together at the Pottsfield Leisure Centre.

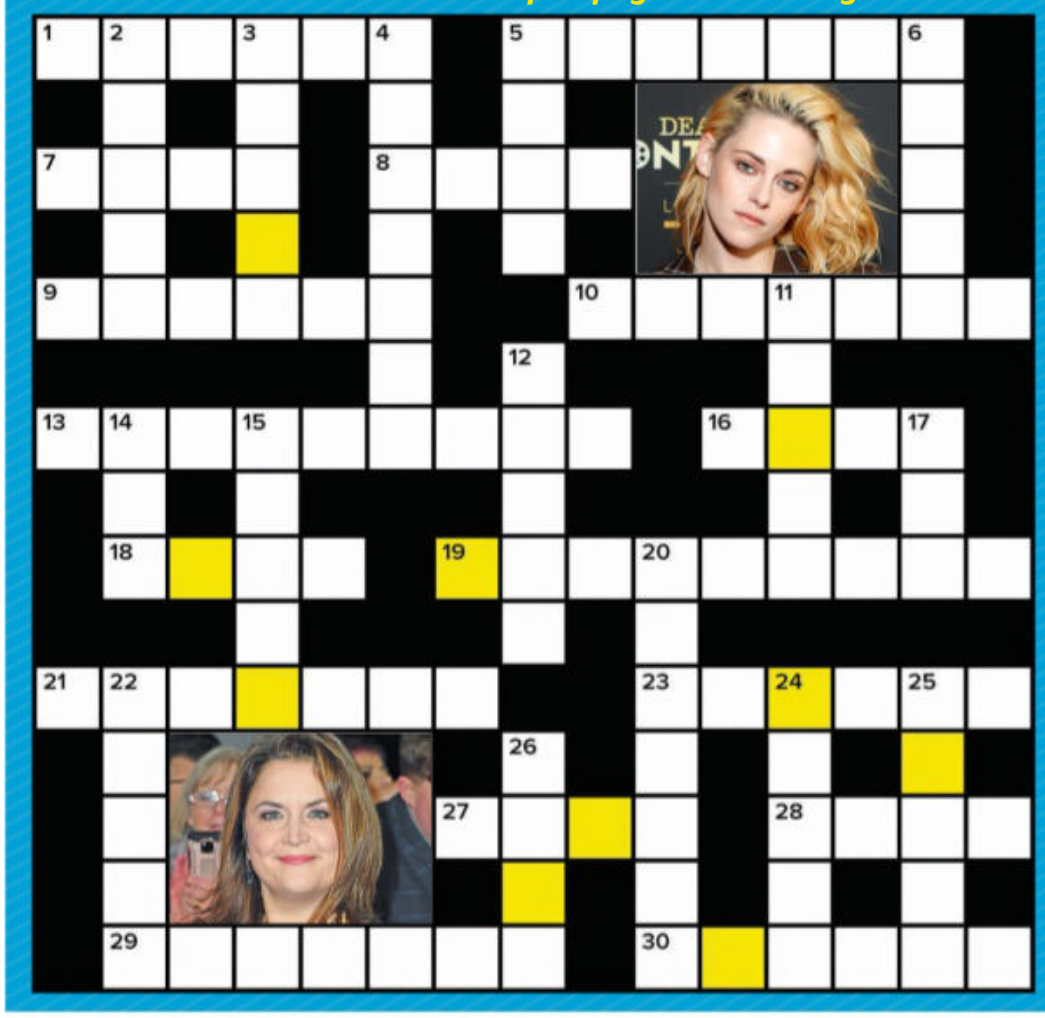
CBeebies Bedtime Stories

Friday, 6.50pm, CBeebies

On Red Nose Day, comic Josh Widdicombe reads the hilarious Duck and Tiny Horse adventure *Teapot Trouble* by Morag Hood.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a British actor (5,5). Answers at the bottom of the page – no cheating!



ACROSS

1 & 5 Across Played con man Johnny Hooker in 1973's *The Sting* (6,7)
5 See **1 Across**
7 Mr Potato ----, voiced by Don Rickles in the Toy Story films (4)
8 *He's Just Not That ---- You*, 2009 Ginnifer Goodwin film (4)
9 *Britain's Got* ------, TV variety-act competition show (6)
10 Superhero character played by Robert Downey Jr (4,3)
13 *Double* ---------, 1944 film noir starring Fred MacMurray and Barbara Stanwyck (9)
16 Swedish group whose songs are featured in the 2008 musical movie *Mamma Mia*! (4)
18 Fictional brand of beer served by Moe in *The Simpsons* (4)
19 David Lynch series about the death of Laura Palmer (4,5)
21 Quentin Tarantino 2016 movie starring Samuel L Jackson, *The* ------- *Eight* (7)
23 Mr Burns' assistant in *The Simpsons*, ------ Smithers (6)
27 *The Generation* ----, classic entertainment show (4)
28 Popular *In the Night Garden...* character, ---- Daisy (4)
29 See picture clue: Played Bella Swan in 2008 movie *Twilight*, Kristen ------- (7)
30 Thomas the Tank ------, classic children's character (6)

DOWN

2 Andrew Lloyd Webber musical, *The Phantom of the* ----- (5)
3 Star of 2015's *The Theory of Everything*, ----- Redmayne (5)
4 Kara -------, former EastEnder and winner of *Strictly Come Dancing* in 2010 (7)
5 See picture clue: ---- Jones, *Gavin & Stacey* actor and writer (4)
6 Played Grace in TV sitcom *Will & Grace*, ----- Messing (5)
11 English stand-up comedian and actor, Ross ----- (5)
12 Madeleine -----, actorwho starred in 1996's *12 Monkeys* and 2002's *We Were Soldiers* (5)
14 2003 film with Heath Ledger in the title role, --- *Kelly* (3)
15 ----- *Gray*, 2014 biographical film starring Dakota Fanning and Emma Thompson (5)
17 Salma Hayek movie from 2006, --- *the Dust* (3)
20 ------- *Man*, song by The Beatles from their 1965 album *Rubber Soul* (7)
22 ----- Dumbledore, the wise headmaster at Hogwarts (5)
24 Singer and winner of the first series of *Pop Idol*, Will ----- (5)
25 Peggy -----, *Mad Men* role played by Elisabeth Moss (5)
26 Angelina Jolie thriller from 2010 about a spy on the run (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, SKY, NETFLIX, BBC.

CROSSWORD SOLUTION

ANSWER: EMILY BLUNT ACROSS: 1 & 5 Robert Redford 7 Head 8 Into 9 Talent 10 Iron Man 13 Indemnity 16 Abba 18 Duff 19 Twin Peaks 21 Hateful 23 Waylon 27 Game 28 Upsy 29 Stewart 30 Engine
DOWN: 2 Opera 3 Eddie 4 Tointon 5 Ruth 6 Debra 11 Noble 12 Stowe 14 Ned 15 Effie 17 Ask 20 Nowhere 22 Albus 24 Young 25 Olson 26 Salt

Coming soon

FIRST LOOK

Niamh Algar stars in a compelling medical thriller

Malpractice

Upcoming drama *Malpractice* will follow a talented but flawed doctor as she undergoes a gruelling investigation.

The intriguing five-part series, airing on ITV1 and ITVX this spring, is penned by former NHS doctor Grace Ofori-Attah and directed by Philip Barantini (*Boiling Point*). Niamh Algar (*Deceit*) stars as medic Dr Lucinda Edwards, who faces one of the toughest challenges of her career after Edith Owusu, who has overdosed, dies while in her care. The dead woman's distraught father, Sir Anthony Owusu (Brian Bovell), insists that Lucinda was at fault, and when an enquiry ensues, secrets are brought to light and Lucinda's life starts to unravel…

James Purefoy co-stars as Dr Leo Harris, Lucinda's supportive medical supervisor, while Lorne MacFadyen is her husband, Tom, and Hannah Walters is matron Beth Relph. Helen Behan plays Dr Norma Callahan, who has doubts about Lucinda's conduct and heads up the investigation along with the more sympathetic Dr George Adjei, portrayed by Jordan Kouamé. Priyanka Patel, Scott Chambers, Tristan Sturrock and Georgina Rich also appear.

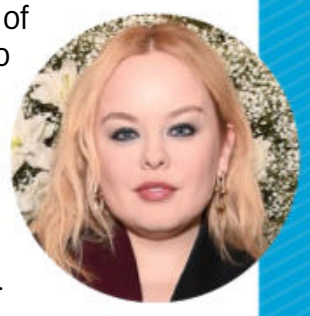
'I was blown away by Grace's script and I'm a huge fan of Phil's work,' says Algar. 'I'm absolutely over the moon we are working together on this special series.'

'*Malpractice* explores the pressure cooker created when doctors under investigation are forced to second-guess their clinical decisions,' adds Ofori-Attah. 'It has been a joy and privilege creating it.'

WHAT'S NEXT FOR...

Nicola Coughlan

C4's six-part comedy **Big Mood** will see the actor team up with Lydia West to play a pair of friends who start to reassess their relationship as they deal with mental illness, rocky romances and shaky careers.



Michael Sheen

The actor will direct BBC1's three-part drama **The Way**, which centres on the Driscoll family, who have to flee their home after they become embroiled in a civil uprising that kicks off in a Welsh industrial town.

Coming Back

Lauren Lyle is reprising her titular role as the intrepid Scottish sleuth in a second three-part run of ITV1's cold-case drama **Karen Pirie**, based on Val McDermid's novels. 'It's been a joy to see audiences want more,' says Lyle.

BBC1 period drama **Call the Midwife** is returning for its 13th, 14th and 15th seasons, which will keep the nuns and midwives on our screens until at least 2026. 'I'm thrilled we're all heading into the 1970s together,' enthuses creator Heidi Thomas.

Next week *On sale Tuesday 14 March*

Yellowjackets

Elijah Wood joins the second season of Paramount+'s drama about a plane crash...

Grace

Dogged Brighton cop Roy Grace (John Simm) is back for another run of the ITV1 crime drama.

The Cleaner

In the return of BBC1's comedy, Wicky (Greg Davies) cleans up more crime scenes.

The Night Agent

A Netflix thriller series follows an FBI operative (Gabriel Basso) and a conspiracy at the White House.

Standard Subscription rates (1 year): UK £164.99, Europe/Eire 341.40 Euros, USA $398.30, Rest of World £284.50. For inquiries, contact *TV&Satellite Week* Subscriptions, FREEPOST Future Plc, or email help@magazinesdirect.com. If you require any other issue/s of Future Plc magazines, these are available online at magazinesdirect.com, or call +44(0)330 333 1113. **Subscription delays** Disruption remains within UK and international delivery networks. Please allow 1-2 days before contacting us about a late delivery at help@magazinesdirect.com

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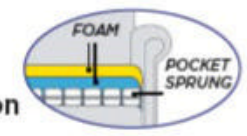

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